

TODAY'S PAPER INSIDE

express

JANUARY 08, 2013 | A PUBLICATION OF *The Washington Post*

ADVERTISEMENT

Download it FREE!






DC Rider

The essential iPhone and Android app built exclusively for Metro-riding Washingtonians.

Featuring:

- **Metro Alerts:** Get updated advisories from Metro.
- **Trip Planner:** Determine your route options and check out fare info.
- **Station Info:** Find the nearest station and now view its entrances on a street map.
- **Comments:** Read instant updates from other riders and add your own thoughts via Twitter.

Download DC Rider **FREE** courtesy of

 <p>DC Dental Spa Where technology meets tranquility</p>	<ul style="list-style-type: none">■ Fastbraces are 1/2 the time and 1/2 the price■ First 50 patients receive \$500 off Fastbraces■ Lifetime warranty■ Free Parking	 
---	---	---

Available on iTunes or the Android App Market.

POWERED BY **express**



DC Rider

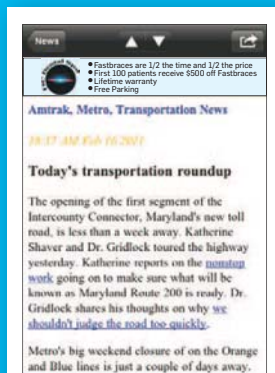
1



Catch your train

Use the Metro map to find the next train arriving at a stop near you.

2



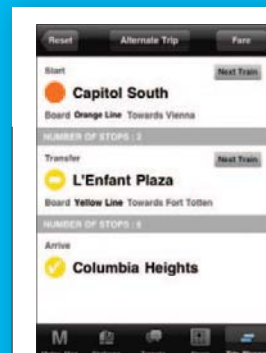
Get transit news

Knowledge is power: Avoid delays with updates from The Washington Post.

4

See it, say it

Follow other riders' tweets about Metro and chime in yourself with observations, warnings or gripes.




Find your way


Our trip planner will determine your route options, including transfer points and fare info.

3

Download DC Rider **FREE** courtesy of



- Fastbraces are 1/2 the time and 1/2 the price
- First 50 patients receive \$500 off Fastbraces
- Lifetime warranty
- Free Parking



Available on iTunes or the Android App Market.

POWERED BY **express**

express

readexpress.com | @wapoexpress

LIPOSUCTION-TUMMYTUCK.COM
Unwanted Fat Removed Permanently!
FREE Diet Management
FREE B12 Shots
0 Down, 0 Interest, 100% Financing
Gov't/Military Discounts
No Credit Check/Guaranteed Financing
Payment plans

Before
After

vita
SURGICAL GROUP
www.vitasurgical.com
202.452.1332 24th and I St., NW
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
301.738.6766 Oxon Hill

**SPECIAL
ENDS
SOON!**

Tuesday

JANUARY 8, 2013 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



SECURITY SHOWDOWN

Obama presses for speedy confirmations for Brennan, Hagel **3**

INAUGURAL BOTCH

Glitch allows ball tickets to sell out before the official sale date **10**

MMMM ... BACON

'The Following' is among a slew of new TV shows set to debut in 2013 **23**



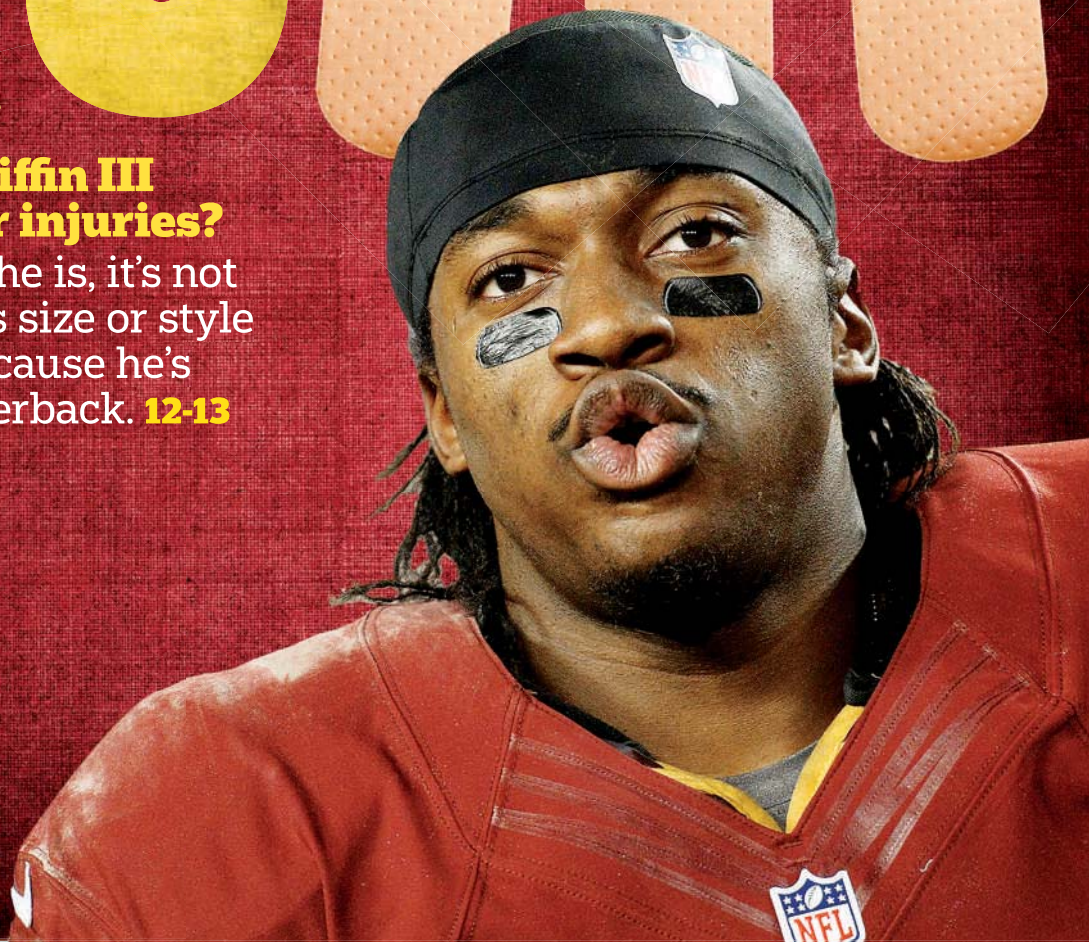
52 | 36

FOR EXTENDED FORECAST, SEE PAGE 31

REGAIN

Is Robert Griffin III a magnet for injuries?

Maybe. But if he is, it's not because of his size or style of play. It's because he's an NFL quarterback. **12-13**



GETTY IMAGES/EXPRESS ILLUSTRATION

eo

eye openers

MISTAKES

And Suspicious Rope-Like Wire Deemed to Just Be Floss

The tick-tick-ticking sound of a bag alarmed employees at Atlanta's Hartsfield-Jackson airport on Friday, but it turned out to be nothing more than a passenger's battery-powered toothbrush. Police cordoned off part of the north terminal while a bomb squad responded; airport spokeswoman Myrna White says normal operations resumed within an hour. (AP)

DESPERATION

“If I seem like your ideal candidate then please get in touch because, to be honest, I am getting desperate.”

— **ADAM PACITTI**, AN UNEMPLOYED 24-YEAR-OLD GRADUATE WHO SPENT HIS LAST \$800 ON A LONDON BILLBOARD —EMPLOYADAM.COM — AIMED AT FINDING HIM A JOB, THE U.K. WEBSITE ORANGE NEWS REPORTED LAST WEEK

ADVERTISING

AA Meeting Posters Now Found on Fire Hydrants

An Oregon man who loves beer and his dog concocted some hooch for the pooch. Daniel Keeton works at Bend's Boneyard Brewery tasting room and calls his canine creation Dawg Grog — it contains no alcohol, and ingredients include vegetable broth and spent grain. Keeton says his dog usually licks her bowl clean. (AP)

The Big Picture



LOVE IS IN THE AIR: A participant from New Zealand flies a large heart-shaped kite Monday at the International Kite Festival in Mumbai, India. Kitefliers from different countries are participating in the daylong festival, which promotes tourism in India.

Let your Smile Shine

Dr. Salameh, DDS • Dr. Margarita, DDS

► **FREE** Whitening For New Patients! ◀

ROSSLYN
DENTAL CENTER • 703-807-0808
1901 N. Moore Street #501 • Rosslyn, VA 22209
www.rosslyndentalcenter.com



EYE STREET
DENTAL CENTER • 202-223-3536
1712 Eye St. #812 • Washington, DC 20006
www.eyestreetdentalcenter.com

\$350 Off Invisalign, Braces or Implants

\$300 Off Crowns, or Veneers

FREE Consultation

10% Off with this ad



Stained & Chipped



after

LUMINEERS
BY CERINATE

invisalign

Obama Taps Brennan for CIA, Hagel for Defense

Though likely to be confirmed, both may face tough path

Washington

Digging in for a fight, President Barack Obama riled Senate Republicans and some Democrats, too, on Monday by nominating former GOP senator and combat veteran Chuck Hagel to lead the Pentagon and anti-terrorism chief John Brennan as the next director of the Central Intelligence Agency.

Standing alongside the nominees Monday were outgoing Defense Secretary Leon Panetta and acting CIA director Michael Morell. Hagel and Brennan, in separate Senate confirmation hearings, will face questions on a range of contentious issues. Of the two men, Hagel is expected to face a tougher path, though both are likely to be confirmed.

Hagel would be the first enlisted soldier and first Vietnam veteran to head the Pentagon.

On Monday, Hagel pledged to work to “strengthen our country and strengthen our country’s alliances and advance global freedom, decency and humanity as we help build a better world for all mankind.”



President Barack Obama, center, formally nominates Chuck Hagel, left, as secretary of defense and John Brennan as director of the Central Intelligence Agency.



A Battle-Tested Warrior

Chuck Hagel, an Army infantry sergeant who risked his life to pull his younger brother to safety while both were serving in Vietnam, would bring to his new job as secretary of defense a gritty view of war and the independent temperament to express those views. Key decisions on troop withdrawals are looming, and Hagel is expected to favor a more rapid draw-down than some generals have suggested. (AP)



A Storied Spy

John Brennan was headed for the priesthood when, while a student in the 1970s, he stumbled on a recruiting ad for the CIA. Now, after years of poring through intelligence, trekking with Mideast tribesmen and overseeing some of America’s most controversial and lethal counterterrorism missions, he’s pursuing a calling as the next director of the CIA with just as much responsibility and arguably a lot more stress. (AP)

Brennan, who described himself as “neither a Republican nor a Democrat,” said he would “make it my mission to ensure that the CIA has the tools it needs to keep our nation safe.”

“These two leaders have dedicated their lives to protecting our country. I urge the Senate to confirm them as soon as possible.”

— PRESIDENT BARACK OBAMA, ON NOMINATING CHUCK HAGEL TO LEAD THE PENTAGON AND JOHN BRENNAN AS THE NEXT CIA DIRECTOR ON MONDAY

For Obama, a pair of combative confirmation hearings could turn into a distraction.

Hagel, a former Republican senator from Nebraska, has been criticized as hostile toward Israel and soft on Iran. Opponents also have highlighted his 1998 comments about an ambassador nominee whom he called “openly, aggressively gay” — a comment for which he recently apologized.

Brennan, a 25-year CIA veteran, was under consideration to run the agency after Obama won the 2008 election but withdrew his name amid criticism from liberal activists who questioned his connection to the harsh interrogation techniques used by the CIA during the George W. Bush administration. JULIE PACE (AP)

In Brief

SEASIDE HEIGHTS, N.J.

Residents Allowed Home Nine Weeks After Sandy

Nine weeks after Superstorm Sandy sent them fleeing, authorities let residents move back home permanently Monday in Seaside Heights, as well as parts of Toms River and Brick — some of the hardest-hit parts of New Jersey. Vast stretches of each town are still deserted as homeowners struggle to repair their homes. (AP)

STRATFORD, CONN.

Mayor: Name a School For Teacher in Massacre



John Harkins, the mayor of Stratford, a city near Newtown, Conn., on Monday proposed naming a school after Victoria Soto, a teacher who was killed as she tried to shield her students from the gunman inside Sandy Hook Elementary School. (AP)

CHICAGO

Police: Lottery Winner Died From Poisoning

With no signs of trauma and nothing to raise suspicions, the sudden death of a Chicago man just as he was about to collect nearly \$425,000 in lottery winnings was initially ruled a result of natural causes. Nearly six months later, after an expanded screening, authorities discovered that Urooj Khan, 46, died shortly after ingesting a lethal dose of cyanide. The finding has triggered a homicide investigation, the Chicago Police Department said Monday. (AP)

LOS ANGELES

Judge: Church Must Release Molestation Files

A judge on Monday ordered the release of thousands of pages of personnel files that would identify Roman Catholic priests accused of child molestation and their leaders in the church. The ruling by Superior Court Judge Emilie Elias contradicts a previous order in 2010 by another judge that allowed the Archdiocese of Los Angeles to redact the names of church higher-ups. (AP)

Clinton Back to Work After Hospitalization

Washington

Cheers, a standing ovation and a gag gift of protective headgear greeted Secretary of State Hillary Rodham Clinton as she returned to work Monday after a monthlong absence caused first by a stomach virus, then a fall and a concussion and finally a brief hospitalization for a blood clot near her brain.

A crowd of about 75 State Department officials greeted Clinton with a standing ovation as she

walked in to the first senior staff meeting she has convened since early December, according to those present. Deputy Secretary of State Thomas Nides, noting that life in Washington is often a “contact sport” presented Clinton with a gift — a regulation white Riddell football helmet emblazoned with the State Department seal, officials said.

She was also given a blue football jersey with “Clinton” and the number 112 — the record-breaking



Secretary of State Hillary Rodham Clinton opens a welcome-back gift Monday.

number of countries she has visited since becoming secretary of state — printed on the back.

Clinton also told her staff on Monday that she would testify before Congress about the Benghazi report before she leaves office, officials said. No date for that testimony has yet been set and Congress is in recess until Jan. 21, meaning that she may have to stay on as secretary of state for another week or so after Obama’s inauguration on that day. MATTHEW LEE (AP)

ONE WORLD ONE SAIS



**Master of International Public Policy
Washington, D.C.**

M.I.P.P. Walk-In Sessions
January 14 | 10 a.m. or February 8 | 3:30 p.m.

EARN a mid-career graduate degree in International Public Policy, with study options in Washington, D.C., and Bologna, Italy.

DESIGN a multidisciplinary curriculum in international relations, economics, development, regional studies and more.

GAIN skills necessary to formulate and advocate policies on key international issues.

**JOHNS HOPKINS
UNIVERSITY**

**Join Us | www.sais-jhu.edu/mipp
202.663.5700**

**DEAR READER: WE'VE BEEN THINKING OF YOU.
HAVE YOU BEEN THINKING OF EXPRESS?**

**"That
workout in
Fit last Tuesday
was perfect
for me."**

**Isn't that always
how it goes?**

Did you recycle an issue of Express you really want? No problem! The print edition of Express is now available free online, because we care about you. You can page through issues back to August 2003 and find the article, ad or gossip that's on your mind.



express

It's a revolution in technology!
Click "Print Edition" at ReadExpress.com and access searchable electronic replicas of the Express print edition.

XX744 2x3FIT

Nation

GOP Talks Tough on Debt, Obama

Party: President must accept spending cuts in exchange for hike

Washington

President Barack Obama, meet Congressman Michael Burgess.

The president says he absolutely will not let Republicans threaten a national debt ceiling crisis as a way to extract deeper federal spending cuts.

Burgess' take?

"It's the most preposterous thing I've ever heard," the Texas Republican says. "He's going to have to negotiate."

Both sides may be bluffing. They may reach a deal before the debt-limit matter becomes a crisis in March, or possibly late February.

But the tough talk suggests this year's political fight could be even nastier and more nerve-grating than the recent fiscal cliff showdown, or the July 2011 brinkman-

25%

The amount of Americans who support lifting the debt ceiling, a recent CBS News poll found. Sixty-eight percent oppose the move, which was once fairly routine for Congress to do every year or two to keep paying bills in times of deficit spending. The exercise became fiercely partisan in 2011. (AP)

ship that triggered the first-ever downgrade of the nation's credit.

Asked about the White House's apparent assumption that Republicans will back down, Burgess said: "I'm not going to foreclose on anything, but that's just not going to happen."

He is hardly alone.

On NBC's "Meet the Press" on Sunday, Senate Minority Leader Mitch McConnell declined to say he would rule out a government shutdown, prompted by a debt-ceiling impasse, in the effort to force

large spending cuts.

Congressional Republicans of all stripes say Obama has no choice but to accept spending cuts they want in exchange for a hike in the debt ceiling.

Obama says he's willing to discuss spending cuts in some programs. But that discussion, he says, must not be tied to GOP threats to keep the government from borrowing the money it needs to keep paying its bills.

Obama's allies say Wall Street and other business sectors, even if they support major cuts, will lean on the GOP to raise the debt ceiling.

Until the fiscal cliff was resolved, Obama held political leverage on the issue of tax hikes. Now, Republicans say, with Obama vehement about raising the debt limit, the leverage is on their side.

"If you're not willing to use your leverage," said Chris Chocola, president of the conservative Club for Growth, "you don't have any." CHARLES BABINGTON (AP)

BofA to Pay \$10.3B to Fannie Mae

New York

Bank of America will pay \$10.3 billion to the government mortgage agency Fannie Mae to settle claims resulting from mortgage-backed investments that soured during the housing crash.

Under the deal announced Monday, Bank of America will pay \$3.6 billion in cash to Fannie Mae and buy back \$6.75 billion in loans that the bank and its Countrywide Financial unit sold to the agency from Jan. 1, 2000, through Dec. 31, 2008. That includes about 30,000 loans.

For Bank of America, its own settlement with Fannie Mae over the mortgage investments represents "a significant step" in resolv-

Meanwhile ...

Also Monday, a separate settlement was announced between federal regulators and 10 major banks and mortgage companies, including Bank of America, over wrongful foreclosure practices. That \$8.5 billion settlement covers up to 3.8 million people who were in foreclosure in 2009 and 2010. Of those, about 400,000 may be entitled to payments, advocates estimate. (AP)

ing the bank's remaining mortgage problems while also streamlining the company and reducing future expenses, Bank of America CEO Brian Moynihan said in a statement. (AP)

Hearsay



"I don't think we need another book where we are finger-pointing."

— RETIRED GEN. STANLEY

McCHRISTAL, SPEAKING MONDAY ON THE "TODAY" SHOW, ON BARELY DEVOTING ANY SPACE IN HIS NEW BOOK, "MY SHARE OF THE TASK," TO HIS RESIGNATION IN 2010 AFTER AN UNFLATTERING DEPICTION OF HIM WAS PUBLISHED IN ROLLING STONE. HIS BOOK WAS RELEASED MONDAY.

\$18B

The amount the Obama administration spent on immigration enforcement programs in the past fiscal year, according to a report released Monday by the Washington think tank Migration Policy Institute. (AP)

Police Describe Aurora Massacre

Officer: Holmes was 'very relaxed' after theater shootings

Centennial, Colo.

Police officers who arrested James Holmes after the Aurora, Colo., movie-theater massacre in July described the suspected gunman, clad in body armor, as unusually relaxed but fidgety at times.

Holmes didn't resist arrest and volunteered that his apartment had been booby trapped, the officers testified during the opening of a hearing in which prosecutors began laying out their case.

Officer Jason Oviatt said Holmes seemed "very, very relaxed" and "seemed very detached," he said.

Investigators say Holmes tossed two gas canisters and then opened fire during the midnight showing of the Batman movie "The Dark Knight Rises" on July 20, killing 12 people and wounding dozens.

When Oviatt first saw Holmes in his gear standing next to his car, he thought he was a fellow officer but realized Holmes was not rushing toward the theater.

Oviatt pointed his gun at him, handcuffed him and searched him. He said he found two knives and a semi-automatic handgun on top of Holmes' car. Oviatt said an

Backstory



James Holmes is charged with more than 160 counts, including murder and attempted murder.

Analysts say that evidence appears to be so strong that he may accept a plea agreement before trial. In general, plea deals help prosecutors avoid costly trials, give the accused a lesser sentence such as life in prison rather than the death penalty, and spare the victims and their families from the trauma of a lengthy trial. The preliminary hearing is expected to last all week. (AP)

ammunition magazine also fell out of Holmes' pocket and he found another one on the ground. He said Holmes was dripping in sweat and his pupils were wide open.

Inside the theater, an alarm was going off and moviegoers' cell-phones rang unanswered. There was so much blood on the floor, officer Justin Grizzle said, he slipped and almost fell down.

With some families of shooting victims listening in court Monday, police officers fought to keep their composure as they testified.

A bearded Holmes didn't appear to show any emotion. Holmes' mental health could be a significant issue in the hearing. DAN ELLIOTT (AP)



FINDINGS

Wanted: Earth 2

Astronomers hunting for Earth-like planets have more places to look: An estimate released Monday suggested that the Milky Way galaxy is home to at least 17 billion planets similar in size to ours. It doesn't mean all are potentially habitable, but the sheer number of planets is a welcome starting point. (AP)



NORTHEAST
REGIONAL

UNSEASONABLY HOT FARE.

ONLY ON NORTHEAST REGIONAL

JANUARY 8 → JANUARY 10 ONLY

It's not just the temperature that's low. Right now you can get \$41 fares to New York City. This incredible deal won't last long - three days, in fact. So book your trip on Northeast RegionalSM January 8 - 10 for travel February 19 - March 14. As always, there are no added fees. Limited seating. Book now only at Amtrak.com.

AMTRAK.COM

AMTRAK
Enjoy the journey.SM

This offer is exclusively available at www.amtrak.com. This offer is valid for sale between 1/8/13 - 1/10/13 and valid for travel between 2/19/13 - 3/14/13. This offer is valid for travel on the Northeast Regional train service only. This special offer is valid for travel between Washington, DC and New York, NY only. Seating is limited; seats may not be available on all trains at all times. Once ticketed, fares are non-refundable; exchanges are permitted prior to the original travel date. The discounted fares are valid for all adult passengers; no additional discounts apply. This offer is valid for Coach seats only; no Business class upgrades permitted. This offer is not combinable with any other discount offer. In addition to the discount restrictions, this offer is also subject to any restrictions, blackouts and refund rules that apply to the type of fare purchased. Fares, routes and schedules are subject to change without notice. Once travel has begun, no changes to the itinerary are permitted. Other restrictions may apply. Amtrak and Northeast Regional are service marks of the National Railroad Passenger Corporation.

In Brief

MILAN

Deal Moves Ex-Premier Closer to Comeback



Former premier Silvio Berlusconi on Monday announced a deal with the Northern League — his fractious coalition partner in three governments — to jointly run in Italy's election next month, a move that could extend the Berlusconi era. Berlusconi, 76, who stepped down in 2011, was convicted just months ago of tax fraud. (AP)

PYONGYANG, N. KOREA

Google CEO Starts Tour of N. Korea Amid Criticism

Google's chairman is seeking a firsthand look at North Korea's economy and social media landscape during his private visit Monday to the nation, his delegation said. Eric Schmidt is the highest-profile U.S. exec to visit North Korea, a country with restrictive online policies, since Kim Jong Un took power a year ago. U.S. officials have criticized the four-day trip because it comes weeks after a controversial North Korean rocket launch. (AP)

Censor Provokes Dissent in China

Activists urge reform in rare protests after newspaper repressed

Beijing

A dispute over censorship at a Chinese newspaper known for edgy reporting evolved Monday into a political challenge for China's new leadership as prominent scholars demanded a censor's dismissal and hundreds of protesters called for democratic reforms.

The scholars and protesters were acting in support of the Southern Weekly in its confrontation with a top censor after the publication was forced to change a New Year's editorial calling for political reform into a tribute praising the ruling Communist Party. Rumors circulated that at least one of the newspaper's news departments was going on strike, but they could not be immediately confirmed.

Protesters, including middle-school students and white-collar workers, gathered outside the offices of the newspaper in the southern city of Guangzhou to lay flowers at



A pro-democracy activist on Monday stands outside a newspaper in Guangzhou, China, that recently faced government censorship of an editorial it intended to run.

the gate, hold signs and shout slogans calling for freedom of speech, political reform and democracy.

"The people are starting to realize that their rights have been taken away by the Communist Party," said protester Yuan Fengchu.

Political expression in the public sphere is often viewed as risky in China, where the government frequently harasses and even jails dissidents for pro-democracy calls.

"This is actually something pretty amazing: It's the first time the media is protesting against censorship."

— HUNG HUANG, A PUBLISHER, WRITER AND BLOGGER, ON PROTESTS IN CHINA OVER A GOVERNMENT CENSOR'S ACTIONS

Meanwhile ...

Protests in China spread online, too, with an increasing number of journalists, students, bloggers and public personalities taking to their microblogs to call for an end to censorship. Microblogging sites have become an alternative source of information that the Communist Party is trying desperately to rein in. (THE WASHINGTON POST)

The protest came as 18 Chinese academics signed an open letter calling for the dismissal of Tuo Zhen, a provincial propaganda minister blamed for the censorship.

Peking University law professor He Weifang, who was among the signers, said the newspaper needed to be defended from censorship.

"This incident is a test to see if the new leadership is determined to push political reform," He said.

China's media in recent years have become increasingly free-wheeling in some coverage, including lurid reports on celebrities. Still, censorship of political issues remains tight. GILLIAN WONG (AP)

WARNING: Alcohol Ruins Lives

DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?

You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

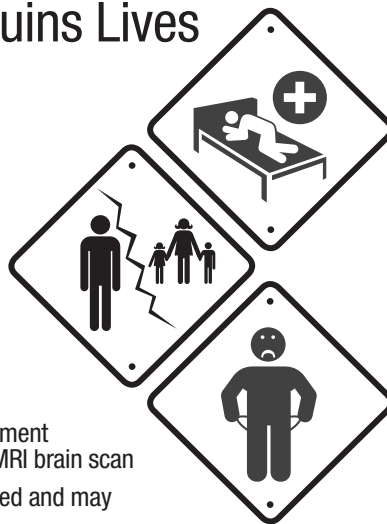
You may be eligible for the study if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.



WE
NEED
YOU

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov



DEPARTMENT OF HEALTH AND HUMAN SERVICES and NATIONAL INSTITUTES OF HEALTH (NIH)

VOLUNTEERS NEEDED FOR A LIVE INFLUENZA VACCINE RESEARCH STUDY



HEALTHY VOLUNTEERS ARE NEEDED at the National Institutes of Health (NIH) in Bethesda, Maryland, for a research study. The study is testing an investigational live virus vaccine against the H5N1 influenza virus to see if it is safe and compare how it works when given in the back of the throat versus as a pill.

You may be eligible for the study if you:

- Are between 18–49 years old and in good health
- Have not had your tonsils removed
- Are willing to be hospitalized for one week at NIH
- Do not live or work closely with:
 - People who have weakened immune systems caused by chronic illness
 - Children younger than 5 years old
 - Elderly people
 - Pregnant women

Individuals who live with you must agree to be monitored as well; however, they will not receive the vaccine. All volunteers will be compensated.

For more information, call
1-800-411-1222
(Reference SAMOSA Study or 11-I-0259)
TTY: 1-866-411-1010 Se habla español



Cuba Amps Up Crackdown on Crude Music

Havana

At 10 o'clock on a Saturday night, a Havana park pulses with a thumping beat. Young men in drooping trousers and women in miniskirts dance and grind pelvis-to-pelvis amid whooping and coarse jokes.

The risqué dance style known as "perreo," which translates loosely as "dogging," is associated with reggaeton, an up-tempo mix of reggae, hip-hop and Latin rhythms that has become a Cuban mainstay.

Now, the music is squarely in the sights of critics who lament the genre's notoriously suggestive lyrics, steamy videos and sometimes misogynistic stereotyping.

Cuban authorities recently

Backstory

Last year's hit song in Cuba, "Quimba Pa' Que Suene," by Los Principales, a reggaeton song translated gently as "Shake It So It Goes Off" and is a kind of homage to masturbation. The video was uploaded to YouTube and heralded as "the new hymn of Cuban youth." Cuba's crackdown on the genre has historical echoes in the country, where genres such as danzon, cha-cha, timba and salsa once scandalized older generations by pushing contemporary boundaries of sensuality. Today, they are firmly established in the musical mainstream. (AP)

announced restrictions reportedly declaring state-run recording studios and broadcasts off-limits to songs with questionable lyrics. They also prohibit such music in performance spaces subject to government control.

The rules would theoretically apply to all genres, but it's reg-

gaeton that has been singled out for criticism in official media while authorities warn of new rules governing "public uses of music."

Legislators also are studying a bill to regulate the airwaves and performance spaces.

"We will not play one more rude song, one more base song, one more

song with offensive lyrics," Danilo Sirio Lopez of the Cuban Institute of Radio and Television said in December.

The proposal sends a message to reggaetoneros: Clean up your act, or else.

"Obviously everyone is free to listen in private to whatever music they want," said Orlando Vistel of the Cuban Music Institute, an arm of the Culture Ministry. "But that freedom does not include the right to reproduce it and play it in state or private restaurants or cafeterias, public buses or public spaces in general."

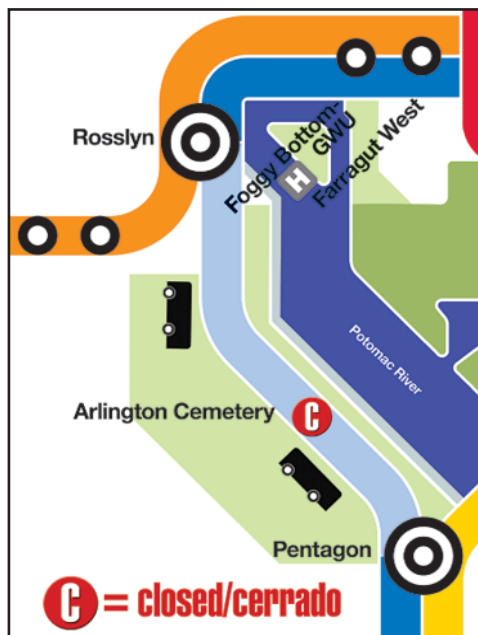
Whether Cuba can successfully crack down on the music remains to be seen. ANDREA RODRIGUEZ (AP)

Hearsay

"I usually look forward to expeditions, but there is such ... uncertainty with this one that looking 'forward' to it is probably not the exact right word."

— **SIR RANULPH FIENNES**, IN AN INTERVIEW WITH SABC, SOUTH AFRICA'S STATE BROADCASTER, ABOUT THE POLAR ADVENTURE THAT THE 68-YEAR-OLD BRITISH EXPLORER BEGAN MONDAY: CROSSING ANTARCTICA IN ITS WINTER. FIENNES AND HIS FIVE-MEMBER TEAM DEPARTED FROM SOUTH AFRICA.

TRACK WORK THIS WEEKEND



From Friday, January 11 at 10 p.m. to Sunday, January 13 at closing: Buses replace trains on the Blue Line between Rosslyn and Pentagon while Metro replaces track circuits. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



**SINGLE TRACKING
THIS WEEKEND**

BETWEEN

- RD** Van Ness-UDC - Friendship Heights
- RD** Rhode Island Ave - Fort Totten
- GR** College Park - Greenbelt

Weekend train schedules are adjusted for MetroForward rebuilding efforts.
Please allow extra travel time.
For details, go to wmata.com/alerts.

Molly Mimier:

Corporate Lawyer
Passion for traveling, helping others,
protecting the environment
New Career: Foreign Services Officer



Join Us

Become a part of a community of nontraditional learners who are UVa proud. Join the faculty, staff, and fellow students at SCPS who care about your life, your career, and your success.

**Acquire New Skills
Advance in Your Profession
Prepare to Change Careers**

Whatever your goals, our credit and noncredit certificate programs and course series can get you on the path to a better future with the convenience and flexibility of online, late afternoon, and evening classes. Choose from:

Online Certificates

- > eMarketing
- > Human Resources Management
- > Information Security Management
- > Information Technology
- > Leadership
- > Procurement & Contracts Management
- > Project Management
- > Public Administration
- > Public Relations
- > Technology Leadership
- > Workforce Development

Online Course Series

- > eTeacher
- > School Library Media

On-Site Certificates in Falls Church

- > Analyst Boot Camp
- > Accounting
- > Certified Financial Planning

Complete Your UVa Undergraduate Degree Without Leaving Northern Virginia

The **Bachelor of Interdisciplinary Studies (BIS)** is a part-time undergraduate degree completion program for working adults, with classes offered on the **Alexandria and Loudoun campuses of Northern Virginia Community College**.

Students enter the BIS program as third year students, having completed 60 transferable hours in core and elec-

tive requirements, 15 of which must be earned at NOVA. Classes are offered in the evenings, on the weekends, and online, allowing students to complete their degree without leaving Northern Virginia.

Applications are accepted for fall and spring admission. The deadline for fall enrollment is June 15.

Learn more about these courses and programs at scps.virginia.edu/WPEXpress

206-BR-WPEXP-nvcs



SCHOOL OF CONTINUING AND PROFESSIONAL STUDIES

World



Fires have razed 50,000 acres in the island state of Tasmania since Friday.

Wildfires Rage In Australia; 100 Missing

Hobart, Australia

Officials searched Monday for bodies among the charred ruins of more than 100 homes and other buildings destroyed by wildfires in the Australian island state of Tasmania. Around 100 residents remained unaccounted for.

Tasmania's acting police commissioner, Scott Tilyard, said no casualties had been reported from the fires. But he said it would take time before officials were certain that no one had died in the blazes, which have razed 50,000 acres of forests and farmland since Friday.

Prime Minister Julia Gillard flew to Tasmania on Monday and warned New South Wales, Australia's most populous state, that the fire risk would be high. Wildfires are common at this time of year. (AP)

Hearsay

"We are not going to overload the wagon of our people by putting 'State of Palestine' on passports."

— **SAEB EREKAT**, A SENIOR AIDE TO PALESTINIAN PRESIDENT MAHMOUD ABBAS, ON MONDAY DISCUSSING THE NEW EMBLEM OF THE STATE OF PALESTINE. IT WILL NOT BE USED ON DOCUMENTS PALESTINIANS NEED AT ISRAELI CROSSINGS BECAUSE OFFICIALS DO NOT WANT TO ANTAGONIZE ISRAEL.



Metro Has No Plans for Fare Hike

Budget: Agency will continue to fix tracks, add express bus lines

Washington

A year after Metro announced fare increases across the board for rail and bus riders, the transit agency is expected to announce this week that it is not planning a fare hike for the coming fiscal year.

Metro's proposed budget outlines plans to continue fixing its rundown tracks, upgrade its power system so it can run more eight-car trains and add more express bus routes in the region.

[illegible]

The budget Metro will propose does not include plans for fare hikes or service cuts.

Richard Sarles, the transit agency's general manager, is expected to present his \$2.5 billion operating and capital spending plan

Thursday to the agency's board of directors.

Last year, despite rider complaints, the board approved a rate

increase that averaged 5 percent. This year, there are no proposed fare hikes (or service cuts), which is not a surprise given Metro's 2008 decision to make fare changes every two years. That policy went into effect in 2010.

A draft of the proposed 2014 budget lays out a \$1.65 billion operating budget and \$875 million capital budget. The agency is expected to have a \$27 million budget shortfall, which the District, Maryland and Virginia will be expected to pick up.

"There's no service cuts and no fare hike proposed so this should be a happy time for people," Sarles said.

DANA HEDGPETH (THE WASHINGTON POST)



PHOTOS

Instagram Alert

We want your pictures. If you've got a cameraphone, we'd like to put your photos in the paper. Tag us **@ExpressDCrider** in your posts of the transit system, and if we like (heart) one of the shots on your feed, you can submit it to us for print via email at dcrcrider@wpost.com. Thanks!

where did last *year* go?

Make this year different! Hire Maid Brigade

Make this year different!
and take back your

Hire Maid Brigade
valuable time.

- Licensed, bonded, insured - and preferred *
- Great cleaners hired by referral, retained for years
- No contracts required

Save \$40!

\$20 Off Two Cleans



Applied at your
first cleaning
& at your
third regular
service visit

WPE 01/13
Exp. 2/15/13

Valid for new clients only.



Trusted in the Capital Region for over 20 years

* See www.3rdpartyreviews.net

888-857-5592

maidbrigade.com

BOTOX \$199/unit*

Dysport \$199
Guaranteed Results
Laser Hair Removal of
Upperlip/Chin \$45
Latisse \$99
Spider Vein/Varicose Vein Removal
Restylane/Juvederm
Minilift, Radiesse & Sculptura
All procedures performed by a Physician
DC 202-452-1432 MD 301-738-6766
VA 703-533-1025
www.vitasurgical.com

**SPECIAL
ENDS
SOON!**

vita
NATURAL ARTISTRY

BANKRUPTCY

Seth W. Diamond
Attorney-at-law

(301) 565-5258

**Local**

Guests watch as President Barack Obama and first lady Michelle Obama arrive at an inaugural ball at the DC Armory in 2009.

Inauguration Miscalculation

Ball tickets sell out
before Ticketmaster's
intended sale date

Washington

A computer glitch at Ticketmaster on Sunday night created frustration and outrage among hundreds of people who wanted to buy tickets Monday to one of President Barack Obama's two official inaugural balls, only to find all of them had been sold.

People who had signed up to attend the Inaugural Ball at the Washington Convention Center received emails Sunday from Ticketmaster that said tickets would go on sale Monday.

It told recipients that they would receive an email some time Mon-

day with an exclusive link to buy a limited number of tickets for \$60 each. But instead, emails went out hours later with a link to the website to buy them.

Ticketmaster later sent out emails apologizing for the mistake. But for some would-be ballgoers, the damage was done: "A significant number of tickets" were sold anyway, according to Addie Whisenant, a spokeswoman for the Presidential Inaugural Committee. But a significant number actually means all of them, a person at the committee said.

June Jeffries, a retired assistant U.S. attorney for the District who lives in Silver Spring, said that, to be fair, Ticketmaster and the Presidential Inaugural Committee should void the ticket sales and start over.

Hundreds of people vented

The Response

A Ticketmaster spokeswoman said Monday that while the email advising people that the tickets were available went out sooner than intended, all of the tickets were on the usual, first-come, first-served basis. "We understand the disappointment people feel if they were unable to obtain tickets, but like all other popular events, demand was much greater than supply," Jacqueline Peterson, senior vice president, said in a written statement. (TWP)

in angry posts to the Presidential Inaugural Committee's Facebook page, with some suspecting that the tickets went to a well-connected few.

"Someone did a disservice to all Democrats today. How difficult is it to follow your own procedures[?]" a person wrote. "Why would you send an email out saying tickets will go on sell the next day and then release them 4 hours later[?] It's an inside job and it stinks."

FREDRICK KUNKLE (THE WASHINGTON POST)



Potential inaugural ball attendees took to Twitter to voice their frustration about Ticketmaster's mistake.

"Just got Ticketmaster's 'Oops, my bad' email re: Inauguration tickets. Guess I'll put my ball gown back in the closet. #ihavenoballgown"

—@UNFURNISHED

"So #ticketmaster kinda screwed up the whole #inauguration ball tickets thing. I guess they have four years to work on making it better."

—@CDBISHOP21

Start Your New Year Stress Free!
Let Us Help!
The Gift of Time- Errand & Concierge Services, LLC
"Providing Our Clients the Priceless Gift of Time!"

Personal Services

- Grocery Shopping
- Personal Shopping/Returns
- Bride/Wedding Day Assistance
- Pick-up/Drop-off Services

Concierge Services

- Theater/Event Tickets
- Travel Research/Reservations
- Car Rental • Dining Reservations

Business Services

- Courier Services • Mailings
- Meal Delivery
- Clerical Services

Home Services

- Service Person Waiting
- Home Bound Patients
- Meal Delivery • Small Event Planning

NEW YEAR'S SPECIAL! RECEIVE 10% OFF ALL SERVICES FOR JANUARY

Call Us Today! 703.946.2888 Website: www.the-gift-of-time.com
Email: services@the-gift-of-time.com

Providing Personal, Concierge and Business Services to the Greater Washington, DC Metro Area



**BECOME AN
EXTRAORDINARY
LEADER**

KEY EXECUTIVE LEADERSHIP CERTIFICATE PROGRAM

THE KEY EXPERIENCE PROVIDES:

- an opportunity to learn collaboratively
- faculty who are scholar-practitioners
- an opportunity to work in a cohort of high-performing peers
- individual leadership development through 360-degree evaluations and one on one coaching sessions

**INFO
SESSION**

**THU JAN 10
12:00 PM**

NATIONAL ACADEMY OF PUBLIC ADMINISTRATION
900 7TH ST NW, SUITE 600, WASHINGTON, D.C.

For more info or
to RSVP contact:
202-885-3857 or
keycert@american.edu
american.edu/spa/key



SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY • WASHINGTON, DC

Luxury CityCenterDC Condos Start to Sell

Washington

It isn't Central Park living, but it's as close as it gets in D.C.

CityCenterDC, the 10-acre, \$950 million downtown development built on the footprint of the city's former convention center, is nearing completion, and the development team is beginning to market what are expected to be some of the most luxurious and expensive downtown condominiums in the District.

Bounded by 9th and 11th streets NW to the east and west and by H Street NW to the south, CityCenterDC

is one of the largest mixed-used developments and construction projects of any kind currently being built in the country. Its first phase includes six buildings: two for offices, two for apartments and two for condominiums.

The project has been heralded by three mayors — Anthony Williams, Adrian Fenty and Vincent Gray — as a critical step in expanding the District's traditional downtown eastward. That migration has already begun in earnest: More than 55,000 people now live within a mile of the intersection at 9th and G streets NW, according to the



JEFFREY MACMILLAN/FOR CAPITAL BUSINESS

One-bedroom CityCenterDC units start at \$500,000. Two-bedrooms start at \$800,000 and run as high as \$5 million.

Downtown Business Improvement District, up from 38,000 in 2000.

Will the condos sell? McLean condo sales guru David Mayhood

said he has "several" CityCenter units under contract at this point. However sales proceed, they should be easier than they were for one of his previous major condo projects in the Washington area, the 247-unit Turnberry Tower Arlington, which was completed smack in the middle of the recession.

Mayhood said the lack of new condo building since then will benefit CityCenter. "There has not been any major condo project [construction] starts since 2007 or 2008," he said. "We think the timing could not be better." JONATHAN O'CONNELL

(CAPITAL BUSINESS)

In Brief

WASHINGTON

2 D.C. Neighborhoods Honored by Arts Group

Two District of Columbia neighborhoods have been included on a list of the nation's best communities for the arts. Mayor Vincent Gray's office announced Monday that the Adams Morgan and U Street neighborhoods in Northwest Washington have been recognized by ArtPlace, an initiative that awards grants and loans to creative groups. (AP)

ARLINGTON

Train Hits, Kills Woman

Orange Line service was slowed Monday in an incident in which a woman intentionally stepped in front of a train at Ballston and was struck and killed. Travelers at the Ballston Metro station who were off-loaded from trains described being disturbed and shocked by the scene. (THE WASHINGTON POST)

The Lotteries

Monday, Jan. 7

Maryland

Mid-day Pick 3 1-2-0
Evening Pick 3 (Sun.) 9-0-2
Mid-day Pick 4 4-8-6-5
Evening Pick 4 (Sun.) 0-6-2-5
Match 5 (Sun.) 4-5-9-11-34 (36)

District

Mid-day Lucky Numbers 9-3-9
Evening Lucky Numbers (Sun.) 8-8-4
Mid-day DC 4 2-2-6-6
Evening DC 4 (Sun.) 6-3-9-6
Mid-day D.C. Five 8-2-0-3-0
Evening D.C. Five (Sun.) 4-6-3-5-7

Virginia

Mid-day Pick 3 4-6-2
Evening Pick 3 (Sun.) 1-1-3
Mid-day Pick 4 5-0-3-4
Evening Pick 4 (Sun.) 3-8-2-9
Mid-day Cash 5 (Sun.) 6-11-13-14-27
Evening Cash 5 (Sun.) 4-6-7-17-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

LOVING COUPLE SEEKS EGG DONOR

Do you want to make our New Year's wish come true?

Then please allow us to introduce ourselves. We are Sam and Charlie — a committed, loving couple from the UK who dream of building a family. Happily, we have a strong support system of family and friends and we have found an ideal surrogate who will carry our baby.



Now we are turning to the vibrant community of women in the DC metro area to find our egg donor. Are you the special young woman who can change our lives?

Our ideal donor is educated, intelligent, healthy, and kind. She is intellectual, loving, happy, and has a zest for life. She is Caucasian with fair coloring and stands 5'6" or taller. Currently a college student or a college graduate, she is 21-29 and has an excellent family health history.

And, most importantly, she wants to make our life-long dream of becoming Dads come true...

Does this sound like it could be you?



EGG DONOR NEEDED
\$9500 COMPENSATION

Because we want our donor to have the very best care, we chose a small, hands-on agency instead of a large clinic.

Intrigued?

Then please contact our attorneys at Creative Family Connections:
donors@creativefamilyconnections.com

Could a Diet Change Help Your Migraines or Arthritis?



Want to join one of our research studies testing whether changes to your diet can improve or reduce pain?

Learn more about our migraine headaches and rheumatoid arthritis studies at www.PCRM.org/study or call 855-6-JOINUS

Conducted by

PCRM Physicians Committee for Responsible Medicine

5100 Wisconsin Ave NW, Suite 400, Washington, DC, 20016

Sports

In Brief



Lakers forward Pau Gasol suffered a concussion Sunday vs. the Nuggets.

NBA

Howard, Gasol, Hill Out For Slumping Lakers

Dwight Howard, Pau Gasol and Jordan Hill will miss the Los Angeles Lakers' upcoming road trip with injuries, leaving the struggling club without its top three big men. Howard has a torn labrum in his right shoulder, and Gasol has a concussion after taking an elbow in the face late in Sunday night's loss to Denver. Hill, a key backup to both starting big men, has a right hip injury. The three injuries are the latest blows for the Lakers (15-18), who still haven't meshed despite a star-studded roster, a bulging payroll and an early-season coaching change. (AP)

NBA

Celtics' Rondo Earns Ban For Contact With Ref

Boston Celtics point guard Rajon Rondo has been suspended one game without pay for making contact with a referee and failure to cooperate with an NBA investigation. The announcement came from league discipline chief Stu Jackson. Rondo was to miss Monday night's game against the New York Knicks. (AP)

TV Lineup

NBA (8 P.M., NBATV) The Lakers are reeling again, on a three-game skid, as they travel to Houston.

COLLEGE BASKETBALL (9 P.M., ESPN) No. 15 Ohio State tries to bounce back from a 19-point loss to No. 12 Illinois when the Buckeyes head to Purdue.

Waiting for Answers

MRI suggests RGIII suffered partial tears of his ACL and LCL

Redskins

Monday's MRI exam of Redskins quarterback Robert Griffin III's right knee suggested that Griffin has suffered partial tears of his anterior cruciate and lateral collateral ligaments, according to several people with knowledge of the test results.

Redskins coach Mike Shanahan said Griffin is scheduled to be examined Tuesday in Pensacola, Fla., by orthopedic surgeon James Andrews to determine whether the test results show new or previous injuries.

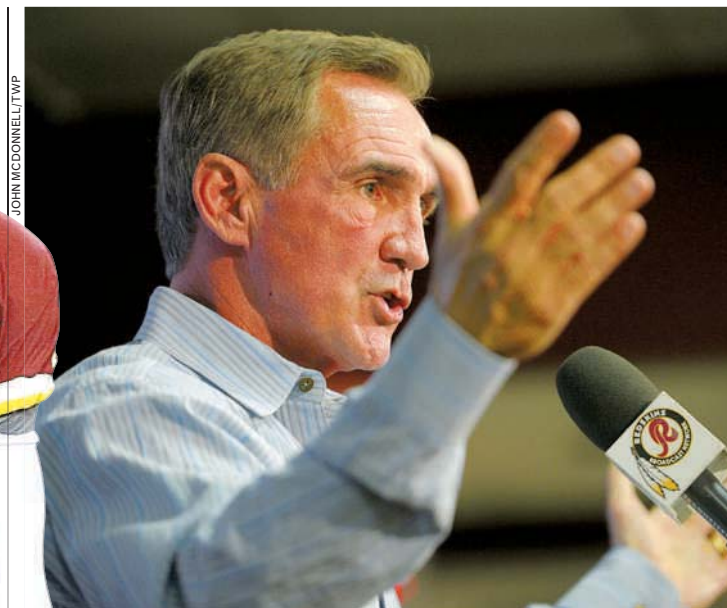
It was not immediately clear whether surgery would be required or how long Griffin

"There is a concern. That's why he's going to see him."

— COACH MIKE SHANAHAN, ON RGIII GOING TO FLORIDA ON TUESDAY TO SEE RENOWNED ORTHOPEDIST JAMES ANDREWS FOR MORE EXAMINATIONS.

fin would be sidelined if the partial ligament tears are determined to be fresh injuries. Griffin suffered a torn ACL in the same knee in 2009 while he was in college at Baylor and has been playing in recent weeks with a mild sprain of the LCL.

One person with knowledge of the situation said Griffin might have to undergo exploratory surgery to determine the extent of the damage and whether the injuries are new.



Coach Mike Shanahan said Redskins quarterback Robert Griffin III will be going to Florida to see renowned orthopedist James Andrews on Tuesday.

Play or Sit?

At some point, an injured player, even a star like Robert Griffin III, is too hampered to help a team. Deciding when is enough is the biggest issue. Redskins coach Mike Shanahan has come under fire in the wake of Griffin reinjuring his right knee. Some critics have



questioned whether Shanahan cared enough for his sensational rookie, while others have questioned whether he followed the protocol for dealing with injuries. Coaches who have been in such situations say solutions aren't so complicated. Super Bowl winner Tony Dungy suggests: "If you ask the player, it means nothing. You have to rely on the doctors." (AP)

Another said Griffin hopes to avoid full-blown reconstructive surgery if the tears are partial, even if they are new injuries.

A third person familiar with the case, asked whether the ligament damage is new or a matter of previous injuries showing up on Griffin's MRI, said: "That's what we're trying to find out."

Shanahan said at his news conference Monday at Redskins Park that he didn't know the extent of the damage to Griffin's knee or how long it will take the quarterback, who just completed his rookie season, to recover. Shanahan said it was unclear whether Griffin will play in the Pro Bowl, to which he was elected, or be ready to participate in the team's offseason workouts and practices.

Griffin underwent the MRI exam after his knee buckled in the fourth quarter of Sunday's 24-14 play-off loss to the Seattle Seahawks at FedEx Field and he left the field for good. Shanahan said the results of the exam are open to interpretation because of Griffin's previous injuries. MARK MASKE AND MIKE JONES (THE WASHINGTON POST)

AFP/GETTY IMAGES



RGIII Caught in Harm's Way

Injuries just come with the territory for NFL quarterbacks

Redskins

The sensational rookie season of Robert Griffin III had a bitter-sweet ending.

After leading the Redskins to their first NFC East title since 1999, Griffin left Sunday's 24-14 home playoff loss in the fourth quarter after reinjuring his right knee trying to reach for a bad snap. As much as the 2012 season will be remembered for RGIII leading Washington back into relevance, the lasting impression will be of the hobbled quarterback lying on the ground as the Redskins' season slipped away.

It was admirable of Griffin to play through injuries. At the same time, it was scary.

"I think I did put myself at more risk by being out there," Griffin told reporters. "But every time you get on the field, you're putting your-

self on the line."

This is the franchise quarterback admitting he put himself at risk. On top of the knee injury suffered against the Ravens that cost Griffin a game vs. the Browns and hindered him the rest of the season, he also sustained a concussion in Week 5.

Is this just the beginning of an injury-ridden career?

The rookie's size (a lean 6 feet 2, 217 pounds) and style made him an injury concern before he even took an NFL snap.

But smaller quarterbacks have been able to stay healthy in the NFL. The Saints' Drew Brees was once seen as injury-prone after he tore his labrum in 2005. The Chargers gave up on Brees, who at 6 feet, 209 pounds is one of the smallest quarterbacks in the league. Since signing with the Saints in 2006, Brees hasn't missed a game because of an injury and he won a Super Bowl.



Smaller quarterbacks have been able to stay healthy in the NFL. The Saints' Drew Brees was once seen as injury-prone after he tore his labrum in 2005.

A Painful Reminder



Week 5 vs. Falcons

Griffin suffered a concussion when he took a solid hit to the helmet from the upper body of linebacker Sean Weatherspoon while scrambling for the end zone. He left the game but was cleared to play the following week.



Week 14 vs. Ravens

Griffin was injured on the final drive of the game after getting hit in his knee by defensive tackle Haloti Ngata at the end of a 13-yard scramble. Griffin left for one play, returned for four more, then left for the rest of the game. He missed the following game with a sprained right knee.



Wild Card vs. Seahawks

Griffin was hobbled from his right knee injury after falling awkwardly during a first-quarter pass. He remained in the game until his knee buckled as he tried to field a bad snap in the fourth quarter. He received an MRI on Monday, but the severity of the injury is yet to be known. J.T.



Robert Griffin III left Sunday's game after reinjuring his knee trying to grab a bad snap.

As for Griffin's style of play, the Redskins aren't the only team in the NFL with a mobile quarterback utilizing the zone-read option. The

three other quarterbacks who ran for more than 400 yards this season — Colin Kaepernick, Cam Newton and Russell Wilson — didn't miss a game because of injury, including the 5-foot-11, 206-pound Wilson.

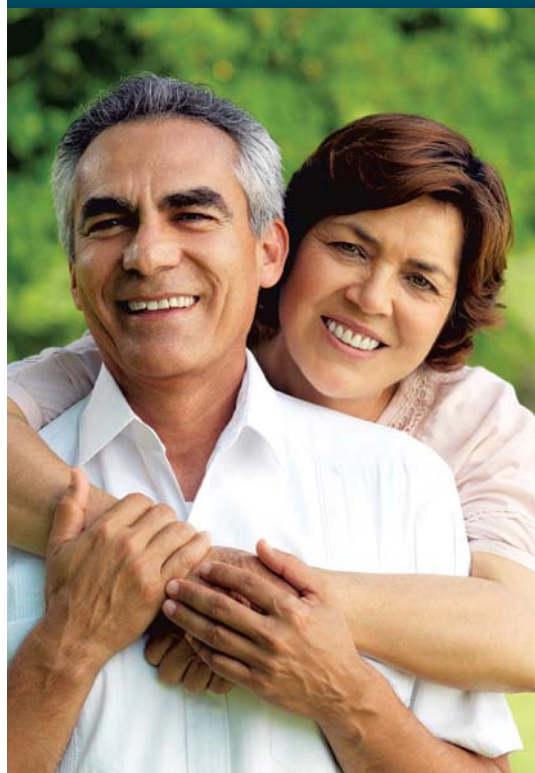
It's more about decision-making than about having to change the team's offensive scheme. Griffin must avoid big hits by getting down early, running out of bounds or throwing the ball away.

Being big and staying in the pocket doesn't always equate to remaining healthy. At 6 feet 5, 241 pounds, the Steelers' Ben Roethlisberger is one of the biggest quarterbacks in the league, and he hasn't played a full season since 2008. And two of the best pocket passers in NFL history, Tom Brady and Peyton Manning, suffered injuries that knocked them out for an entire season.

As much as Griffin can try to avoid injuries, he's right when he says that just stepping on the field puts him at risk. Griffin is injury-prone simply because he's an NFL quarterback.

By Jeffrey Tomik

Could a Diet Change Help Your Painful Diabetic Neuropathy?



Want to join our research study testing whether changes to your diet can improve or reduce pain?* You must be between the ages of 18-65.

Learn more about our diabetic neuropathy study at www.PCRM.org/study or call 855-6-JOINUS

Conducted by

PCRM

Physicians
Committee for
Responsible
Medicine

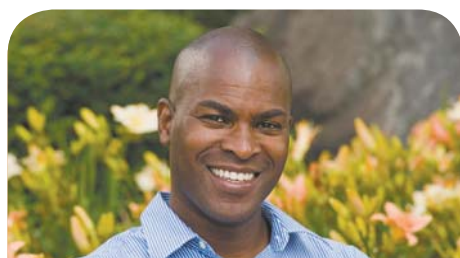
5100 Wisconsin Ave NW, Suite 400,
Washington, DC 20016

*Participants will be asked to give a small skin sample.

AFRICAN STUDY

A study at NIH is recruiting **healthy black African men and women** to understand diabetes and heart disease risk in Africans.

**Were You
Born In Africa?**



Must Be:

- Born in Africa
- 18-65 years old
- Requires 3 visits
- Compensation provided
- Refer to study # 99-DK-0002

Please call (301) 402-7119 • <http://clinicaltrials.gov>

Department of Health and Human Services • National Institutes of Health • National Institute of Diabetes & Digestive & Kidney Diseases

ATTENTION JOB SEEKERS:

MEGA Jobs is Back!

EXTRA Big. EXTRA Local.



Get your hands on one of the **biggest** Jobs sections of the year from The Washington Post, DC's number one source for jobs.

It's jam packed with **hundreds of new listings** from the area's most prominent employers.

SUNDAY, JANUARY 13TH

Pick up The Washington Post on Sunday, January 13th or visit washingtonpost.com/jobs

Also featured in Express January 14-18



XPJ778 2x10.5

Sports



Coach John Thompson III and Georgetown's seven-game winning streak ended Saturday at Marquette.

Problems Come in Threes

Hoyas Hoops

Georgetown may still be ranked after Saturday's 49-48 loss to Marquette, but scoring, rebounding and the Hoyas' bench have become concerns.

No. 19 Georgetown (10-2, 0-1 Big East) looks to bounce back Tuesday night at home against Pittsburgh (12-3, 0-2). The quick turnaround doesn't leave much time for coach John Thompson III to seek ways of fixing the team's problems.

As for those suspect matters facing the Hoyas ...

Scoring

In most seasons, scoring 48 points would represent the lowest output of the year. Just 12 games into the current campaign, 48 doesn't even crack the Hoyas' top two. They won with 37 points against Tennessee and 46 vs. Towson.

Against Marquette, Markel Starks, Otto Porter Jr. and Greg



Whittington combined for 44 of the Hoyas' 48 points, with Mikael Hopkins accounting for the other four.

Another low-scoring game could be on tap Tuesday. Pittsburgh ranks fifth nationally in scoring defense. Georgetown is seventh.

Rebounding

Despite playing several games against undersized and overmatched foes, Georgetown finished nonconference play with a plus-1.3 rebounding edge. Among Big East schools, only Connecticut averages fewer rebounds per game than the Hoyas (33.8).

Board work proved crucial in two games against Pittsburgh last year.

"Looking back, when we played at their place they killed us on the

boards," forward Nate Lubick said. "They beat the pulp out of us. When we played in the Big East tournament, we killed them on the boards. When it comes to Pittsburgh, the rebounding factor is a huge, huge effect."

Depth

Thompson's trend of sticking with a tight rotation continued with only seven players seeing the court against Marquette. Over the final nine minutes, the coach made just two substitutions and one of those came inside the final eight seconds.

Asked about the current iron-man scenario, Lubick said, "I think the coach did a good job of stressing the importance after Marquette. We need another guy to play. It's important for us. Is it sustainable? Yeah, probably is, but I don't think it will give us the best possible chance of being really good."

BENJAMIN STANDIG (FOR EXPRESS)



Duke Still on Top: Unbeaten Duke and Michigan hold the top two spots in the Associated Press' college basketball poll for the fourth straight week. Duke received 62 first-place votes Monday from the 65-member national media panel, with Michigan getting the other three. Louisville overtook unbeaten Arizona to be ranked third. Completing the top 10 are Indiana, Kansas, Syracuse, Minnesota, Gonzaga and Missouri. (AP)

Do you have asthma?



National Heart
Lung and Blood Institute
People Science Health

Participate in a study at NIH.

Call 1-800-411-1222

Se habla español

TTY: 1-866-411-1010

Compensation will be provided.

National Institutes of Health, Department of Health and Human Services

GW GRADUATE SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT ALEXANDRIA

MASTER'S DEGREE AND GRADUATE CERTIFICATES

HUMAN RESOURCE DEVELOPMENT

Lead individual, team and organizational-level initiatives.

Foster learning, change, engagement and performance.

Earn a Master's Degree in Human Resource Development or a Graduate Certificate in:

- Essentials of Human Resource Development
- Organizational Learning and Change
- Design and Evaluation (ROI) of Training
- Leadership Development

Designed for working professionals. Attend classes in Alexandria, Virginia every other Saturday.

www.nearyou.gwu.edu/hrd-ax

For a list of all GW graduate programs, visit

www.gwu.edu/gradapply.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

Information Session

Tuesday, March 5
6:30 pm

Garage Entrance
1925 Ballenger Ave.

Street Entrance
413 John Carlyle St.
Suite 250

Alexandria, VA 22314
Metro: Blue/Yellow line
to King Street

RSVP Today!

202.973.1130
www.nearyou.gwu.edu/hrd-ax



38270 THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/ AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

Get

fit

Tuesdays in Express

A weekly section about how to look and feel and be your best.

express

A publication of The Washington Post

fit

is... health | fitness | nutrition | grooming | beauty | fashion | relationships | and much more

XX174 2x1.5

express health directory

Volunteer for a Dengue Vaccine Study

Purpose: Test a new investigational dengue vaccine to see if it is safe in humans and whether it can protect against dengue infection

You may be eligible to participate if you are:

- Between the ages of 18 and 39
- In good health
- Available for study duration (about 13 months)

You will be provided:

- A no-cost health screening
- Compensation for your time and effort

Location: Clinical Trials Center
Walter Reed Army Institute of Research,
Silver Spring, MD 20910

Contact us at 301-319-9320, or Toll Free at 1-866-856-3259
www.clinicaltrials.army.mil

Put nail fungus worries behind you!

PinPointe™ FootLaser™ is the first laser scientifically designed to promote clear nails in patients who suffer from unsightly nail fungus. *Schedule Your Evaluation Today!*

Serving the DC Metro area,
Silver Spring, Rockville & Olney
301-598-0130

For Advertising Please Contact

washingtonpost.com

For Advertising Contact
Catherine Falcomeni
202-334-5648
falcomenic@washpost.com

 **Park your browser here.**

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XX172 1x2

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **\$25** in cash for completing these forms and your child will receive **prizes** valued up to **\$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,



please call us at
(240) 688-8137
or email us at
caperchildstudy@umd.edu

Sponsored by the National Institute on Drug Abuse

Do you have NARCOLEPSY?



Have you been diagnosed with narcolepsy and are between the ages of 18 and 65?

A new research study is enrolling to test an investigational medicine for excessive daytime sleepiness associated with narcolepsy. Qualified participants will receive study-related care at no cost and will be compensated for time and travel.

For more information contact:

The Center for Sleep & Wake Disorders
301.654.5665 • research@sleepdoc.com

Chevy Chase, Maryland/Friendship Heights Metro

Do something to talk about on Monday...



Find it in The Washington Post.

Get 52 weeks of convenient Sunday home-delivery for just **77¢ a week** or 7-day home-delivery for only **\$1.81 a week!**



To subscribe, call toll-free:

1-800-304-6742, Ext. 7

or visit

wpsubscribe.com/newyear2013x

The Washington Post

If you don't get it, you don't get it.



The Washington Post Young Journalists Development Program (YJDP) and the Washington Association of Black Journalists present the Urban Journalism Workshop (UJW). The workshop gives high school students in the Washington area an inside look at careers in journalism. Experienced journalists from The Washington Post, the Associated Press, National Public Radio and other media companies teach UJW students the basics of real-time journalism. Three scholarship awards will be presented to seniors who excel during the workshop and demonstrate strong research, reporting and writing ability. There is no fee to apply or attend.

Fast Facts:

- ✓ Workshops meet for eight consecutive Saturdays from March 2 – April 27.
- ✓ Sessions run from 9:30 a.m. – 4:00 p.m. at various sites throughout Washington, D.C.
- ✓ Scholarships will be based on an essay, stories produced in the workshop and participation in all eight sessions.
- ✓ All students attending high schools in the Washington area are encouraged to apply.
- ✓ Applications must be postmarked or delivered by Friday, January 25, 2013.

How do I apply?

To download an application and learn more about the Urban Journalism Workshop, visit <http://wabj-dc.org> or www.washingtonpost.com/youngjournalists.



Contacts:

Dakarai I. Aarons, UJW Coordinator
901-491-7511 • dakarai.aarons@gmail.com
Jaye Linnen, YJDP Coordinator
202-334-4917 • yjdp@washpost.com

Sports

Najar Joins Belgian Club on Monthlong Loan

D.C. United

Andy Najar's rise from D.C. United's academy has included an MLS Rookie of the Year award and a place on the Honduras national team. Now he'll get the chance to compete in Europe, in perhaps a harbinger of things to come for United's dynamic 19-year-old.

Najar will be on loan with Belgian club RSC Anderlecht through the end of January, D.C. United announced Monday. It has become common for young MLS players to go overseas and train with European clubs during the offseason, but rarely have those opportunities led to anything more official. Najar, who has been training with Anderlecht in recent weeks, will now get the opportunity to play in matches for the reigning Belgian champion, which competed in the 2012-13 UEFA Champions League group stage.



NED DISHMAN/GETTY IMAGES

Andy Najar was used as a right back for the first time in his career last year.

Najar trained with English club Tottenham during the preseason last year before returning for his third MLS season with United. Based on comments from general manager Dave Kasper, United is expecting him back ahead of a

fourth campaign, although a permanent move to Anderlecht could be in the offing should MLS and the club come to terms on a transfer agreement for the sought-after player prior to the close of the European winter transfer window.

"This is another very good opportunity for Andy to gain valuable experience with a top European club," Kasper said in a team statement. "We look forward to his return for the second half of our preseason."

Najar has been on the international radar for some time, gaining more notoriety after his showing in the Olympics for Honduras. After playing the bulk of his budding career as a winger, he was converted to a right back by D.C. coach Ben Olsen this past season, using his pace and energy to roam up and down the right flank while adding to the attack.

Anderlecht, which is also the club of U.S. national team and former Chivas USA midfielder Sacha Kljestan, has three competitive matches and a club friendly scheduled during which Najar could see playing time before his loan expires. AVI CREDITOR (FOR EXPRESS)

48-Game Season Seeming Likely

NHL

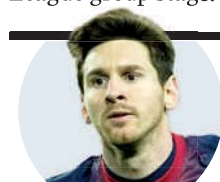
The NHL appears headed toward a 48-game season for the second time in two decades.

"I think 48 is most likely at this point, unless the players can expedite their ratification process," NHL deputy commissioner Bill Daly wrote in an email Monday to the Associated Press.

The NHL shortened its 82-game slate to 48 games during the 1994-95 season after a 103-day lockout. A 301-day lockout in 2004-05 made the NHL the first major North American professional sports league to lose an entire season.

When the framework of a new collective bargaining agreement was agreed to Sunday morning — after 16 hours of negotiations — there was some talk of having a 50-game season start later this month.

The NHL and the players' association are working on a memorandum of understanding, which could be completed soon and then voted on by team owners and players. (AP)



Nothing New: Lionel Messi became the first four-time winner of the FIFA Player of the Year award after shattering the world record with 91 goals last year for Barcelona and Argentina. The 25-year-old won for the fourth straight time, beating Real Madrid's Cristiano Ronaldo and Barcelona teammate Andres Iniesta in voting announced Monday. United States forward Abby Wambach was named FIFA Women's World Player of the Year. (AP)

ATTITUDE

Sinead Corwin
TNT Participant

Photo by Nigel Parry, CP

Tri Something New This Year

Train to Beat Cancer with the Nation's Best

Philadelphia Insurance Triathlon

Sprint & Olympic Distance Options Available

Sign Up. Get Involved.

Team In Training.

The right attitude makes a difference.



LEUKEMIA &
LYMPHOMA
SOCIETY®

TEAM IN
TRAINING®

www.teamintraining.org/nca
703.399.2942

Presenting
Sponsors

RUNNERS



UnitedHealthcare®

USE COCAINE?

IT'S CONFIDENTIAL

You're needed for
RESEARCH STUDIES
if you:

- Use cocaine
- Are 18-50 years old

These studies may help us figure out how cocaine affects the body, the brain, and behavior.

- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

Call today for a confidential screening.
1-800-535-8254



www.ResearchStudies.DrugAbuse.gov

**WE
NEED
YOU**

fit

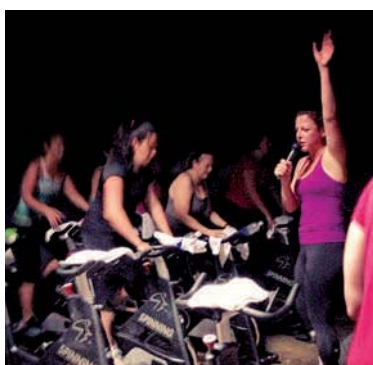


Guinea Pig | Straw Berries

Jamba Juice is going after the juice-box set with its new kids' meals (\$4.79) — 9.5-ounce smoothies paired with a protein-packed, whole-grain pizza swirl or a similarly wholesome cheesy stuffed pretzel. Kids never need to know that the Berry Beet It!, left, sneaks in beets, kale and other veggies. (And at 190 calories, it's a smart drink for adults, too.) Parents should be aware, though, that the tasty snacks are pretty high in saturated fat.



COURTESY DC FIT CRASHER



Try, Try Again: DC Fit Crasher blogger Meghan Stakelin aims to take every single fitness class in the District. Here are some of her favorites from 2012: Clockwise from top left, Stakelin tried a strongman workout at Edge 2.0, enlisted in SEAL Team Physical training, took an ElliptiGo for a spin, went on a ride at Biker Barre and survived pole-dance boot camp at Jordin's Paradise.

“Some things work for me, some don't. But there's no harm in trying.”

— MEGHAN STAKELIN, BLOGGER

in 2011, more than 51 million as members.) Sometimes you'd rather work up a sweat solo, or do your own specific routine.

But if that approach has flopped for you in the past, chances are it will again. Sbrocco suggests sampling as a way to find what you enjoy. “You work all day doing things you often don't want to do,” she says. “So you don't want to spend another hour doing something you don't want to do.”

You also probably don't want to spend a lot of extra money, and one drawback to paying a la carte is that the costs add up when drop-ins are often \$20 or more per class.

“But it's far less expensive than a personal trainer,” says Kate Arnold, owner of the Bar Method studio downtown. “Our teachers know how to push you individually, and you get inspiration from the group.”

Stakelin, the blogger, figures the price for a class is no more than what she'd spend on a dinner out.

“My health is worth it,” she says. And it's an approach that's worth a try. VICKY HALLETT (EXPRESS)

Get Buff, Buffet-Style

The pay-as-you-go approach to exercise offers advantages for folks who want variety

Getting injured while running the 2010 Boston Marathon wasn't much fun for Meghan Stakelin. What happened next was.

“I quit the gym,” says Stakelin, who used her recovery time to reassess her fitness program. She needed something inspiring to take the place of running, and rooms of equipment just weren't cutting it. So Stakelin sampled classes from Washington's smorgasbord of yoga studios, boutique gyms and other exercise

operations that let her drop in without a membership.

The habit has turned into a blog, DC Fit Crasher, which the 26-year-old Cleveland Park resident started in September. Stakelin's goal is to chronicle every single fitness class in Washington.

“Some things work for me, some don't. But there's no harm in trying,” Stakelin says. “It's important to shake things up.”

Copying her approach for a New Year's resolution won't require much exertion. A flood of new fitness businesses over the past few years has made it impossible to walk around Washington without passing a cycling studio, a boxing gym or a pole-dance program.

Weighing Options

University of California at Berkeley economics professor Stefano DellaVigna published a study showing that people often choose gym memberships over pay-as-you-go, even though—based on their attendance—they would have saved money if they'd paid for each visit individually. One problem with paying per visit is that it provides an economic deterrent to exercise. DellaVigna's solution? Multiclass packages purchased in advance. “You're saving money but not disincentivizing yourself,” he says. V.H.

That specialization makes 30-year-old Marcia Joseph of Silver Spring more comfortable every time she visits U Street's Off Road Indoor Cycling. When she was a member of a larger gym, Joseph says, “it was like going to Macy's. They have a sampling of Michael Kors, but it's not a Michael Kors store.”

At small fitness studios, clients go for the specific purpose of taking a class rather than the nebulous “going to work out,” so there's no risk of wandering aimlessly.

And then there's the key selling point: no pressure to lock into a yearlong contract. That means folks are free to cut back when they're traveling, slammed at work or trying other fitness classes.

Join Today!

\$0 ENROLLMENT

NO CONTRACT • NO PROCESSING FEES


**THE 2013 GOLD'S GYM
CHALLENGE**

KNOW YOUR OWN STRENGTH™

**TRANSFORM
your body in just
12 WEEKS.**


2012 Winner

2012 Winner

\$75,000 in Cash Prizes
Plus, a Kinect for Xbox 360 Prize Pack
for each winner
WEIGHT CONTROL, REDUCE STRESS, BURN FAT, INCREASE ENERGY, IMPROVE YOUR PROFILE, TAKE YOUR SHIRT OFF, WEAR THAT BIKINI, GET BETTER CIRCULATION, BOOST METABOLISM, DONATE YOUR FAT CLOTHES TO CHARITY, BE YOUNG!
BE STRONGER every day.
BE STRONGER WITH GOLD'S GYM.

Ask a team member today
14 DC AREA LOCATIONS TO SERVE YOU
800.99. GOLDS • www.goldsgym.com
With select new Gold's Gym memberships. Must be at least 18 years old and a local resident with valid ID. Not redeemable for cash. Participating Gold's Gyms only. Other restrictions may apply. Offer expires 1/31/13. ©2013 Gold's Holding Corp.

baggagecheck



It's Time to Think About the Future

Q I became my parents' primary caregiver 3½ years ago. Dad is 79, had a stroke and has increasing dementia; he also is diabetic with high blood pressure. He's no longer allowed to drive. Mom is 83 and has increasing dementia and is also not allowed to drive. I'm an only child. I have two paid caregivers and a couple of aunts helping me, but I'm getting worn down. How do we decide when assisted living/nursing care is imminent? **STUCK**

There aren't easy answers here. So much of the timing and decision-making depends on your and your parents' personal resources — including energy, money and social support. A first step is to research and tour some specific venues to begin to see how they fit; one place might give a "We're not there yet" vibe while another one might seem perfect.

Get opinions from as many people as you can, including your current caregivers and doctors and family members. Most important, open up a dialogue with your parents. There's no exact right time for assisted living, but the more data you can gather, the clearer the choice will be.


By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Not Meant to Go the Distance

Q I moved just as I was developing a new friendship. I'd like to keep this friend (and not let it turn into just a Facebook thing), but I'm having difficulty. We had both expressed an interest in continuing our friendship, but now I feel like I can't get her to talk freely with me. I'm afraid of coming off as clingy. Suggestions? **MORE THAN AN ARM'S LENGTH AWAY**

It's hard to know how your approach is truly coming across here. If you can't meet in person, I'm assuming you're talking by phone? Many people, unfortunately, no longer want to talk on the phone at all, and so the text/Facebook/IM trifecta is all they've got.

That could possibly demote you to "Facebook thing" no matter what. Of course, not all Facebook relationships are created equal, so you

might attempt some more meaningful nonphone conversation. But as much as I believe in taking the time to grow a quality friendship when you feel a spark with someone, you're at a distinct disadvantage here. You might be wise to exert some of your energy into building friendships in your new location. If it can happen once, it can happen again — preferably with someone you can eat dinner with.

Event Horizon Camp Sites

The best kind of New Year's resolution: one that doesn't cost anything. City Sports and Under Armour are teaming up to offer complimentary weekly boot camps in January. Get an indoor/outdoor workout with Bounce Fitness and a chance to win apparel at 6 p.m. Wednesdays at City Sports' Farragut store (1111 19th St. NW) or at 10 a.m. Saturdays in Georgetown (3338 M St. NW). For a spot, RSVP at Citysportsblog.com/events/uabootcamp.

Not a One-Hit Wonder

Pound's drumsticks make every class feel more like a concert

Just as everyone's clamoring to lose pounds, Crunch is gaining Pound.

What It Is: "It's the Trojan Horse of working out," says Kirsten Potenza, who developed the drum-based exercise program with her pal Cristina Peerenboom. The L.A. duo realized that smacking drumsticks on the floor turns out to be an unbeatable way to burn calories.

They pulled together elements from plyometrics, aerobics and Pilates and turned the whole thing into a 45-minute drum solo. What makes it really killer is their other invention: Ripstix, which are plas-

tic, weighted versions of drumsticks. A quarter pound doesn't sound like much until you've done 15,000 reps.

"The day we switched from wooden to those, every muscle felt it," Potenza says.

Even more muscles are feeling it now that Pound is drumming up interest outside of California. Potenza and Peerenboom came to D.C. in the fall to lead a teacher training, which is how Crunch is able to offer the class here.

Work It Out

Moves: Each song in the class soundtrack — a mix of rock, dubstep, electro and hip-hop — brings new exercises. Expect to start by squatting down, hitting the sticks on the floor in front of you and then popping back up and hitting the sticks together above your head. The lunge series has you



Pound instructor Nicola Haire-Rice shows off the "rainbow" movement.

turn to the right, lower down and give the floor a whack, then repeat in the center and to the left. "Rainbows" require leaning to each side

Home Work

Rather rock out at home? Enroll in Pound's new Backstage Pass program at Poundfit.com. For \$15, you'll get a pair of Ripstix and a month of online workout videos. Keep it up for \$10 a month.

and hitting the floor with the stick, while "discos" combine lateral leg lifts and stick claps.

To work your abs, sit down on the mat in a Pilates C-curve position (legs in front of you and back rounded). The drumming motion reminded Peerenboom of the arm pumping of the Pilates Hundred, so you'll be pounding beside your legs while twisting from side to side and lifting your feet off the ground. To target the thighs and butt, you'll get into a hip bridge and thrust up while slamming the sticks.

Workout: "I was sore for days," says 24-year-old Camille March, who tried a class with the Pound founders in the fall and was back at the Chevy Chase Crunch launch Saturday. What hurt the most? Her butt. "You don't realize how much you're activating your muscles," she says.

For folks who couldn't take a total pounding, instructor Nicola Haire-Rice also showed off less-aggressive versions of exercises. Mostly, the modification was hitting the air instead of the floor, which doesn't seem as fun.

Crowd: Everyone wants to be a rock star. Jeffrey Slavin, 57, says the sticks "add a new dimension" to the gym. Caroline DeSantis, 18, appreciated that the sticks "took your mind off the burning sensation in your legs." Both seem likely to stick with it. VICKY HALLETT (EXPRESS)

● Pound, 5100 Wisconsin Ave. NW and 555 12th St. NW. For details and a free day pass, visit Crunch.com.

Rock Your Resolution

JOIN TODAY
and pay just \$39.99 a month

MONTH TO MONTH*

FREE World Famous Classes that will **BLOW YOUR MIND!**

Zumba • Personal Training • Free Weights • TRX
Anti-Gravity Yoga • Spin • Karaoke Spin
Strength Training • Zumba Sentao
POUND Rockout Workout

Friendship Heights
2 blocks from Friendship Heights Metro Station
5100 Wisconsin Ave. NW
202-621-7622

Metro Center
1 block from Metro Center Station
555 12th St. NW
202-621-6698

Check out crunch.com for more info!

Find us on Facebook

*No commitment. Enrollment fees apply. Offer ends 1/31/13. Must provide local ID/18 & up please.

571-257-3378

Evidence-based treatment for Eating and Weight Disorders

Our team of licensed clinical psychologists and registered dietitians are accepting new appointments.

Offering services to children, adolescents, and adults

Our Services Include:

- Maudsley Family Based Treatment
- Eating Disorder Intensive Outpatient Programming (IOP Program)
The DC Metropolitan Region's only evidence-based Eating Disorder Intensive Outpatient Program
- Individual, Family, and Group Behavioral Health Interventions for Feeding Disorders • Anorexia Nervosa • Bulimia Nervosa • Binge Eating • Body Image Concerns • Trauma • Weight Management • Weight Loss Surgery • Anxiety and Mood Disorders
- Nutrition Counseling
- Weight Loss Surgery Psychological Evaluations
- Consultation regarding Behavioral Health

WHO WE ARE

Joanna Marino, PhD
Cara Schmid, PsyD
Sapna Doshi, PhD
Julie Bowman, MS, RD

Potomac Behavioral Solutions

2001 Jefferson Davis Highway
Suite 211, Arlington VA, 22202
(located one block from the Crystal City Metro)

571-257-3378
www.pbshealthcare.com
jmarino@pbshealthcare.com

VIDATM
FITNESS

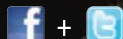
MAKE **FITNESS** A
lifestyle
IN 2013

**SPECIAL INAUGURATION
RATES AVAILABLE**

5 GREAT URBAN LOCATIONS

WWW.VIDAFITNESS.COM

follow us on



fit nutrition



MARGELI/EXPRESS

Energy Kitchen offers a lower-calorie take on burgers, fries, shakes and more.

Get the Fries Without Guilt

Everything's grilled, baked or steamed at Energy Kitchen

Michelle Obama can finally order a hamburger in D.C. in peace.

Last week saw the local debut of Energy Kitchen, which markets its grilled, baked or steamed items as “fast food, not fat food.” The menu features comfort favorites with nothing more than 500 calories.

Founder Anthony Leone opened his first restaurant in Manhattan in 2003 to try to make it easier for people to eat better, particularly at breakfast.

“I’d order egg whites somewhere and the first thing they’d do is put all this oil on the grill,” Leone says.

At Energy Kitchen, which has 13 locations, including the outpost at 1901 L St. NW, customers can try the signature 277-calorie breakfast sandwich (\$4): five egg whites, fat-free cheddar cheese and turkey bacon on a whole-wheat English muffin.

But what’s become the centerpiece of Energy Kitchen’s menu are the “Better Burgers” (\$6.50-\$8.50), a lineup of bison, 90 percent-lean sirloin, turkey, chicken breast and veggie burgers.

Pair your pick with a side of crispy baked sea-salt fries (\$2, 198 calories). Or maybe go for the hearty creamed spinach (\$4), which clocks in at 72 calories — the recipe calls for silken tofu instead of cream cheese. Wash it down with a “Smart Shake,” infused with protein to keep you fuller longer, or slurp something from the calorie-free soda fountain.

“How we’re different [from] the other concepts is you can pick and choose anything,” Leone says. “How many times do you want to do it right, but you see clam chowder in a bread bowl and you can’t pass it up?”

To help customers keep tabs on the bottom line — and decide whether to add fat-free Swiss — all calorie info is posted on the menu boards.

Although the D.C. location is testing new items, such as sweet-potato fries and Asian broccoli slaw, for the chain, the menu is missing some New York favorites, including the kids’ menu of English-muffin pizzas and sirloin sliders. But when Energy Kitchen expands into local suburbs (as soon as this year), it’ll be prepared for little diners.

So the first lady can get burgers for everyone. VICKY HALLETT (EXPRESS)

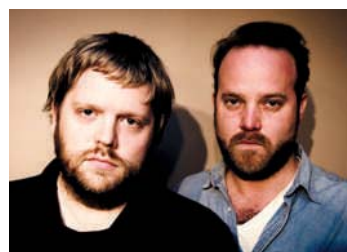
lookout



Mad Women

Cher is developing a 1960s-set comedy for the Logo network **33**

Sound Bets



CHRISTOPHER GRADY

A Band Apart

Last month's Hurricane Sandy Relief/"SNL" Nirvana + Paul McCartney Frankenreunion was odd: These men invented and reinvented rock 'n' roll, and their path led ... there. And they looked as surprised as anyone.

I'm sure John Davis and Chris Richards would find comparisons to the



By Shauna Miller

above ridiculous. But listening to the new album (out today) by the two, who record as Paint Branch, I realized I never expected to see them making music together, either.

Davis (of the excellent band Title Tracks) and Richards (a Washington Post music writer) were in a post-punk band in the early aughts called Q and Not U. Their three inventive albums set a bar for other D.C. bands. Then, their era ended — hard.

I followed Davis' forays into ultra-melodic pop with Georgie James. I followed Richards' growth as a writer. None of us needed another Q and Not U record. There were other things.

Paint Branch is not Q and Not U. As Richards puts it on the band's Tumblr: "[I]t's an album about carrying the weight of dreams you never fulfilled and the strangeness of mourning the ones that you did. That wasn't what we set out to do... We just wanted to ... mak[e] music together again."

@ Listen to Paint Branch tracks at: <http://paintbranch.tumblr.com>



EXPRESS ILLUSTRATION
FROM TOP LEFT: "ROBOT
COMBAT LEAGUE,"
"THE AMERICANS,"
"THE FOLLOWING," "ZERO
HOUR," "CYNDI LAUPER: STILL
SO UNUSUAL," "PROSECUTING
CASEY ANTHONY" AND
"THE CARRIE DIARIES"

Fresh TV for 2013

Reality shows, documentaries, dramas and even robots — there's no shortage of new programming in the 2013 midseason. Here's a guide:

► Tuesday, Jan. 8

"The Joe Schmo Show" (Spike at 10 p.m.): Back after a long hiatus — the previous season aired in 2004 — this prank show follows a real guy who thinks he's on a new reality show but is surrounded by actors in on the joke.

► Wednesday, Jan. 9

"Stars in Danger: The High Dive" (Fox at 8 p.m.): Is diving with the stars the new dancing? Fox hopes so. Eight celebs compete in a competition and are mentored by veteran diving coaches.

► Sunday, Jan. 12

"Cyndi Lauper: Still So Unusual" (WE TV at 9 p.m.) The "Girls Just Want to Have Fun" singer gets a show that follows her at work and home.

► Monday, Jan. 14

"The Carrie Diaries" (CW at 8 p.m.):

This "Sex and the City" prequel tries to take the place of the recently departed "Gossip Girl," as it tracks 16-year-old Carrie Bradshaw's (AnnaSophia Robb) adventures in New York.

"Pete Rose: Hits & Mrs." (TLC at 10 p.m.): Serious contender for best reality show title of 2013, this docu-series chronicles the life of the disgraced former baseball star and his new fiancée.

► Thursday, Jan. 17

"King of the Nerds" (TBS at 10 p.m.): This competition series tries to find the biggest and best nerd of all, and will award him or her \$100,000.

"Legit" (FX at 10:30 p.m.): A potty-mouthed comedian from Australia (Jim Jefferies) tries to make it as a star in Los Angeles.

► Saturday, Jan. 19

"Prosecuting Casey Anthony" (Lifetime at 8 p.m.): You knew this was coming — Rob Lowe stars in this TV movie as Jeff Ashton, the Florida prosecutor who took on the trial of Casey Anthony, who was accused of murdering her toddler daughter, Caylee.

► Monday, Jan. 21

"The Following" (Fox at 9 p.m.): Fox has high hopes for this drama, in which Kevin Bacon plays an ex-FBI agent who's forced out of retirement when he needs to find a terrifying serial killer who can't be caught.

► Tuesday, Jan. 22

"Wild Things With Dominic Monaghan" (BBC America at 10 p.m.): What's the "Lost" star up to these days? Just hosting a travel adventure series.

► Tuesday, Jan. 29

"Nikki & Sara Live" (MTV at 11 p.m.): Comedians Nikki Glaser and Sara Schaefer host the weekly half-hour comedy show from Times Square.

► Wednesday, Jan. 30

"The Americans" (FX at 10 p.m.): Keri Russell and Matthew Rhys play KGB spies in Washington in the 1980s who pose as a regular married couple.

► Thursday, Jan. 31

"Do No Harm" (NBC at 10 p.m.): This drama centers on a highly respected neurosurgeon who has a Jekyll-and-Hyde personality thing going on.

► Thursday, Feb. 14

"Zero Hour" (ABC at 8 p.m.): Anthony Edwards stars as the editor of Modern Skeptic Magazine, which is devoted to debunking conspiracies — but he's forced to rethink everything he knows when his wife is mysteriously abducted from her antique-clock store.

► Monday, Feb. 25

"Ai Weiwei: Never Sorry" (PBS at 10 p.m.): While working as a journalist in China, Alison Klayman captured this documentary about the Chinese artist known for blending art and politics.

► Tuesday, Feb. 26

"Robot Combat League" (Syfy at 10 p.m.): This competition show that sounds like a Hugh Jackman movie features battles between eight-foot-tall robots controlled by people known as "robo-jockeys."

► Monday, March 18

"Top of the Lake" (Sundance at 9 p.m.): In this miniseries, Elisabeth Moss ("Mad Men") stars as a detective searching for a pregnant 12-year-old girl who vanished.

► Wednesday, April 3

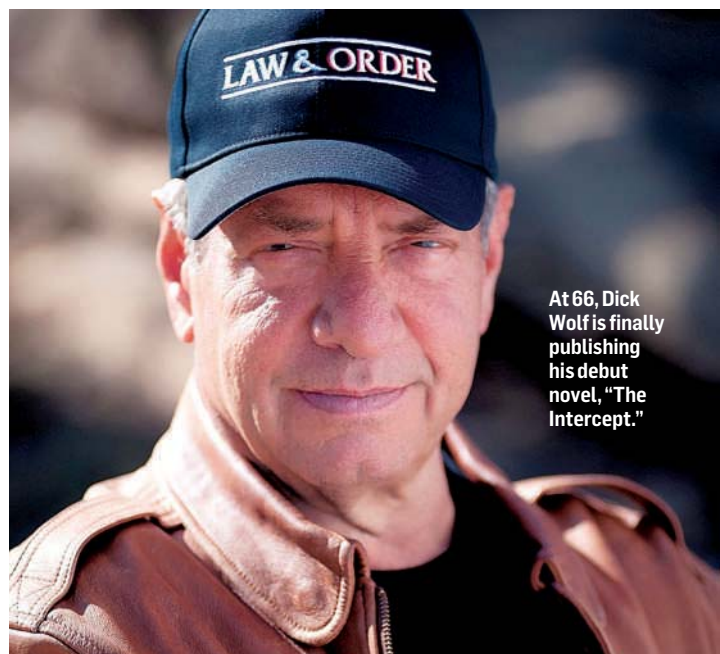
"How to Live With Your Parents (For the Rest of Your Life)" (ABC at 9:30 p.m.): Sarah Chalke stars as a recently divorced single mom who is forced to move back home with her eccentric parents, played by Elizabeth Perkins and Brad Garrett, in this comedy.

► Monday, May 20

"American Masters: Mel Brooks" (PBS at 9 p.m.): The documentary profiles the intensely private comedian.

EMILY YAHR (THE WASHINGTON POST)

lookout entertainment



At 66, Dick Wolf is finally publishing his debut novel, "The Intercept."

WILLIAM MORROW

New Medium, Same Result

'Law & Order' creator Dick Wolf's first novel is as addictive as his television dramas

Book Review

About 40 years ago, a young advertising copywriter named Dick Wolf set out to write screenplays. He had three movies produced, then he

shifted to television. In 1990, he created a police drama called "Law & Order," which went on to run for 20 years, spawn numerous spin-offs, win countless prizes and earn him a fortune estimated at \$250 million.

Now, at 66, Wolf is publishing his first novel. "The Intercept" (\$28, William Morrow), wherein al-Qaeda attempts another major attack on New York, is a smart, suspenseful, highly professional piece of work.

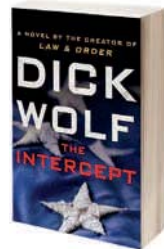
In an early scene, Osama bin Laden, not long before his death, is plotting a new assault on the United States. Then it's July 1, 2011, and we're aboard a Swedish airliner headed for America. A young Muslim, armed with a knife and a fake bomb, tries to force his way into the cockpit but is overpowered by five passengers and a member of the flight crew. Among those who interrogate the hijacker is Detective Jeremy Fisk of the New York Police Department's Intelligence Division; he's Wolf's hero for this novel and a projected book series.

As news of the failed hijacking reaches the nation, the five passengers and flight attendant — The Six, they are dubbed — are hailed as heroes. But Fisk is not so sure. He thinks the man might be a diversion from a more serious assault planned by al-Qaeda.

The immediate need is to find another suspect, a Saudi art dealer, who was on the plane. As this search develops, "The Intercept" becomes a first-rate police procedural.

Wolf's tale gallops to an exciting, disturbing conclusion. The storytelling skills he brought to our television screens prove quite transferable to the printed page, which is not to say "The Intercept" couldn't become a first-rate movie. It probably will.

PATRICK ANDERSON (THE WASHINGTON POST)



Double Duty For Oscar Host

Seth MacFarlane will reveal the Academy Awards nominations

Ceremonies

For the first time in 40 years, the host of the Academy Awards will help announce the Oscar nominations.

Academy officials say Oscar host Seth MacFarlane will join actress Emma Stone to reveal the nominees for the 85th annual Academy Awards. This is the first time since 1972 that an Oscar host has participated in the nominations announcement. Charlton Heston was the only other show host to announce Oscar nominees.



Seth MacFarlane is the first Oscar host since 1972 to announce the nominees.

The "Family Guy" creator and Stone will reveal the contenders early Thursday from the Academy of Motion Picture Arts and Sciences' headquarters in Beverly Hills, Calif. The Academy Awards will be presented Feb. 24 at the Dolby Theatre in Los Angeles, and will air on ABC starting at 7 p.m. (AP)



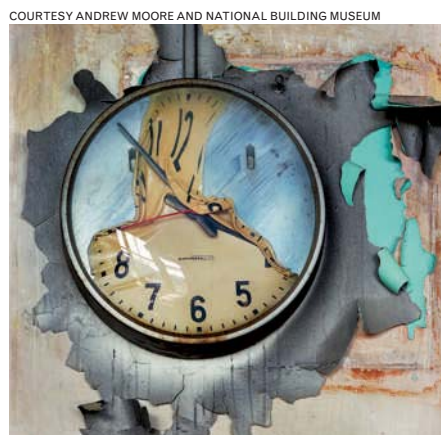
Your New Concert Buddy

Washington's 9:30 Club is looking for friends. On Monday, the concert venue announced its new "Friends With Benefits" program, which rewards 9:30 Club concertgoers with free

stuff. Signing up for a free account at 930.com/friends earns you a T-shirt and a 9:30 Club cupcake on your birthday, along with special access to parties, ticket pre-sales and sold-out shows. Members earn points on tickets and refreshments purchased at 9:30 Club and Merriweather Post Pavilion, which can be redeemed for future ticket and merchandise purchases. (EXPRESS)

Today's Top Stops

COMPILED BY FIONA ZUBLIN



COURTESY ANDREW MOORE AND NATIONAL BUILDING MUSEUM

1 Detroit Accent

Despite giving us some of the best music (and cars) of the past century, Detroit is struggling hard these days. Photographers Camilo José Vergara and Andrew Moore (who shot the photo at left) both have exhibits at the National Building Museum chronicling Detroit's decline and rebuilding — and they'll discuss them tonight.

National Building Museum, 401 F St. NW; Tue., 6:30 p.m., \$20; 202-272-2448, Nbm.org. (Judiciary Square)

2 The Long Road to Home

"Born in Berlin" is a 1991 documentary about three female Jewish writers growing up in pre-World War II Berlin. Screening at the Goethe-Institut as part of the Washington Jewish Film Festival, the film follows the women as they make their way to Israel — and though they end up at the same place, they take very different paths to get there. **Goethe-Institut, 812 7th St. NW; Tue., 7 p.m.; \$11; 202-289-1200, Wjff.org. (Gallery Place)**

3 Put Down That Plow

Author Jared Diamond infiltrated all of our heads with "Guns, Germs and Steel."

His new book, "The World Until Yesterday," explains how agriculture changed global societies — and what traditional hunter-gatherer systems have to teach the modern world about sustainability. **National Geographic Live!, 1600 M St. NW; Tue., 7:30 p.m., \$25; 202-857-7700, Nglive.org/dc. (Farragut North)**



TV tonight **lookout**

The Road to Freedom

'American Experience' revisits the movement that ended slavery

Miniseries

PBS 9:00 The three-part "American Experience" series "The Abolitionists" arrives, like Steven Spielberg's well-received "Lincoln," to coincide with the 150th anniversary of the Emancipation Proclamation.

A blend of re-enactment and talking-head narration, "Abolitionists" is character-driven. It concentrates on writer-publisher William Lloyd Garrison; Frederick Douglass, a former slave turned orator and author; Angelina Grimke, raised in one of South Carolina's most prominent plantation families; and Harriet Beecher Stowe, whose sentimental 1852 novel, "Uncle Tom's Cabin," helped transform the anti-slavery movement from a radical fringe to a popularly accepted notion.

"Abolitionists" does a good job of



Richard Brooks, left, portrays Frederick Douglass in parts of "The Abolitionists."

reminding us just how extreme the notion of liberating all slaves seemed when Garrison first started printing "The Liberator" in 1831. Slavery was an institution, and slaves as property constituted the most valuable asset in the American economy. To challenge slavery was an assault on private property itself.

We're also reminded how these radicals were both buttressed and inspired by deep religious faith. As

one detractor remarks, abolitionists were often dismissed as "moral monomaniacs."

"Abolitionists" is not without its juicy side, concentrating on the rifts that emerged between Garrison and Douglass. After the former slave eclipsed his onetime mentor, Garrison began to spread rumors of adultery to bring him down a peg. Some things, it seems, never change.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Best Bets

ABC FAM 9:00

The Lying Game There's more duplicity and intrigue in store for Season 2 of the hit drama, as Alec manages to unnerve Emma even as he's behind bars for Derek's murder. Rebecca and Sutton plot to keep Ted and Kristin apart, while Mads meets a mysterious new guy in town.

DISC 10:00



Africa The team behind "Life" spent 1,598 days on location in 27 different countries filming this new seven-part documentary series that looks at the continent of Africa, spotlighting never-before-filmed species, animal behaviors and natural wonders.

TBS 10:00

Cougar Town The cult comedy returns on its new home, TBS. The fourth season finds Jules (Courteney Cox, right) and Grayson adjusting to married life as Travis tries his hand at being a "playah."



COM 10:30

The Burn With Jeff Ross "Roastmaster General" Jeff Ross and his comedian friends are back for a new season of skewering the week's hottest topics and taking aim at public figures and people who need to be taken down a notch. (TRIBUNE MEDIA)

Premieres



Kentucky Justice

Deputy U.S. Marshal Raylan Givens (Timothy Olyphant, above) is back for a fourth season of bringing justice to Kentucky's Harlan County on "Justified" (10 p.m., FX). This time around, a 30-year-old mystery is at the heart of the drama. Meanwhile, Raylan is trying to prepare for the birth of his child and protect his wayward father, who is trying to sell his house. (TM)

DO YOU DRINK A LOT OF ALCOHOL?

Do you also feel tense, worried, or distressed?

If so, you may be eligible to participate in a study. The goal of this project (NIH Study #13-AA-0040) is to study whether a medication (Baclofen) currently approved to treat muscle spasms affects alcohol drinking.

Eligible volunteers will be:

- In good health and drug free
- Between the ages of 21 and 65
- Willing to come for four outpatient visits and one overnight stay at the NIH CC in Bethesda, MD

Participants will receive a free medical evaluation and will be paid for doing the study..

For more details,
email cpnresearch@mail.nih.gov
or call **301-451-6974**



The Capitol Deal

Today's Deal



Save
50%

West End Cinema

**\$15 for 2 Adult Tickets
and 2 Soft Drinks (\$30 Value!)**

Featuring the finest in independent, foreign and documentary film, **West End Cinema** invites you to enjoy a thought-provoking evening or matinee show for 2.

West End – NW Washington, D.C.

This special deal only available for purchase until 11:59pm, 01/10/13. All Capitol Deals must be purchased at thecapitoldeal.com

Get local deals e-mailed to you, for **FREE**.
expressnightout.com/thecapitoldeal.com

Delivered to you by: **The Washington Post**

DC Rider

METRO NEWS ON YOUR iPhone AND ANDROID — DOWNLOAD FREE.

MEGA JOBS

MEGA in
express
January 14-18

MEGA in
The Washington Post
January 13

2nd Chance MEGA in
The Washington Post
January 20

MEGA on
washingtonpost.com
January 13-27

Call 202-334-4100
today to place your
MEGA ad

express marketplace

JOBS • RENTALS • HOUSES • WHEELS
• STUFF • AND MUCH MORE...

TO PLACE A
CLASSIFIED AD CALL

202-334-6200

HELP WANTED
(JOBS) ADS CALL

202-334-4100

CREDIT CARDS ACCEPTED



JOBS

ARAMARK at Georgetown
University Hotel & Conference Center
CAREER FAIR
Wednesday Jan. 9, 2013
1:00pm – 4:00pm

Prominent Georgetown hotel is seeking experienced individuals with **hotel experience**. We offer excellent benefits and Top Dollar for the following open positions:

- Front Desk Supervisors
- Front Desk Agents
- Convention/Banquet Services
- PM/Night Auditor
- Housekeeping

Please come to 3500 Reservoir Road NW, Leavey Center, Washington, D.C. 20057. For directions, please call 202-687-3210. Please bring two copies of your resume for immediate interviews.

CONSTRUCTION
Masons & Laborers
Call 703-550-8880

DRIVER, CDL BUS DRIVER
Coach bus exp. Up to 20-25hrs/wk. Up to \$17.00/hr. PT, AM/PM school runs & extra charters avail. CDL w/ B Class & P endorsement, FBI Background check, TB check req. **202-636-9203**

Drivers
A new year new career. CDL driver trainees needed now. Starting pay: 45k+. Local training available, FT/PT. Call now 1-800-251-3946

IT
Software Developer: MS in comp. sc. related. Expertise in Data mining & Warehousing, Adv. UNIX prog & DB Tech, Design & Analysis of Algorithms, OOAD, ETL Tools, Teradata. Travel/Relocation. Send Resumes to Confiminds LLC, 13800 Coppermine Road, Suite 327, Herndon, VA 20171

Maintenance: Plumbing/Carpentry/Electrical for DC mgmt co. Tools & transportation required. Call: **202-546-0704**

Maintenance Working SUPER/REHAB.
For DC Management Company. Must have tools and transportation. Call: **202-546-0701**.

Property Management

Leasing Manager
For two properties in Montgomery County. Handle staff, renting of apts, rent collections, and other administrative duties. Experience necessary. Must have a car. Credit and background check required. Email resume to: mgmtcorprentmenow@aol.com

RESTAURANT
Line Cooks, Servers & Hosts
Three Northern VA Locations
Alexandria, Ballston & Crystal City
Apply Online at
www.tedsmontanagrill.com

SALES REP
For inauguration souvenirs. Look at product at prezhead.com Email resume to prezhead2012@yahoo.com or call **541-290-6972**

SECURITY
Armed & Unarmed Security Officers
for prestigious NO. VA location. Must possess DCJS registration, 2 yrs experience, good work history, salary commensurate w/ exper.
Call Mon-Fri 9am-3pm. 703-824-0742 or fax resume to: 202-293-1095 DCJS# 11-2468

SECURITY OFFICER/SPOS For several premier DC locations. Must possess valid S/O lic or armed SPO commission. Min 2 yrs exp. All shifts. Must be team oriented. Call Mon-Fri 9am-3pm **202-293-8011** or fax resume **202-293-1095**

TELEMARKETERS - METRO ACCESSIBLE
Homefix is hiring for PT & FT positions. Hours are flexible. Usually btwn 12p-8p. Exp strongly pref but not necessary. Must have a good speaking voice & desire to succeed. Clean fun work environment w/ exc comm pkgs+hourly. Open interviews, wkdays at 3-4pm at 10301 Democracy Ln Suite 203, Fairfax VA. Call Jake 703-383-0400 or nroberts@homfixcorporation.com

TRANSPORTATION
FLEET OPERATIONS MANAGER
For D.C. bus company. Min 5 years of fleet mgmt exp and college degree. Ability to conduct day to day operations. Fax resume to 202-636-4178 or email cestours@aol.com

CAREER TRAINING

PHLEBOTOMY
Training workshops
Doctor's Help **301-567-5422**

CAREER TRAINING

Prepare for an exciting career as a
Massage Therapist
in as little as 9 months!
Call now to get your free
Massage Therapy
Career Guide!
888-797-0851

**National Massage
Therapy Institute**
FALLS CHURCH, VA • www.nmti.edu

**TRAIN FOR A
CAREER AS A
MEDICAL ASSISTANT AT
EVEREST COLLEGE!**

Programs and
schedules
vary by campus.
**FINANCIAL AID
AVAILABLE FOR
THOSE WHO QUALIFY
CALL NOW!**

1-888-259-5889

Visit us online at
www.SeeEverest.com

VA Schools are
CTO SCHEV
For useful consumer
information, please
visit us at
www.everest.edu/disclosures

**Everest
COLLEGE**

**GET CAREER
TRAINING TO BE A
PHARMACY TECHNICIAN
AT EVEREST COLLEGE!**

**FINANCIAL AID
AVAILABLE FOR
THOSE WHO QUALIFY
CALL NOW!**

1-888-249-8093

Visit us online at
www.SeeEverest.com

14555 Potomac Mills Road
Woodbridge, VA 22192

VA Schools are
CTO SCHEV
For useful consumer
information, please
visit us at
www.everest.edu/disclosures

**Everest
COLLEGE**

**Are You Unemployed or
Underemployed?**

Come get FREE EMS Paramedic Training for those who qualify.
Must be a DC resident and meet DOES eligibility requirements.
Call about your new career today!

(202) 582-LINK(5465)

or email: Thwestlinkci@live.com

**Computer & IT
Trainees Needed!**

Train for a career in
Computers at CTI!

No Experience Needed!

CTI can help you get your
IT Certification now!

1-888-567-7649

**CTI Career
Technical Institute**

MEDICAL ASSISTANT TRAINING

Local job training & placement assistance
now available at CTI! 1-888-743-4320

**CTI Career
Technical Institute**

CAREER TRAINING

CAREER TRAINING

**NEW YEAR NEW CAREER
OPEN HOUSE JANUARY 9TH & 10TH
GET PAID TO
GO TO SCHOOL
TRANSPORTATION
ASSISTANCE AVAILABLE MONTHLY**



- Financial Aid Available.
- Job Placement Included.
- Receive a Computer at No Cost to you.
- Flexible Class Schedules.



- **MEDICAL ASSISTANT**
- **MEDICAL OFFICE ADMIN**
- **ELECTRONIC HEALTH RECORDS**
- **PC SPECIALIST**

TECHNICAL LEARNING CENTERS

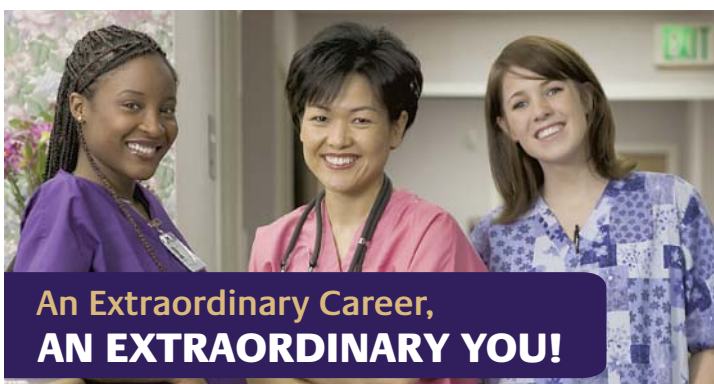
Call Now: (202) 223-3500

1720 I St. NW Suite 200, Washington, D.C. 20006

One block from Farragut North and West

Visit our Website: www.tlc-corp.com

All Programs
Nationally
Accredited By



**An Extraordinary Career,
AN EXTRAORDINARY YOU!**

**Radians College can prepare you to enter
the growing field of nursing.**

Make a difference in:

- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:

- Licensed practical nursing
- Registered nursing



**RADIANS
COLLEGE**

1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005

Call Now: 1-888-445-6223 radianscollege.edu

CAREER TRAINING

Hands-on Medical Assistant Training!

Get the skills that Employers want today!

Job Placement Assistance! Financial aid available for qualified applicants.

Full program disclosures at careertechnicalinstitute.edu/disclosures

CTI Career Technical Institute 1101 Vermont Ave. NW
Washington DC, 20005 | 1-888-234-1302
careertechnical.edu

CAREER TRAINING

MED BILL & CODING
Trainees Needed Now!
Medical Offices now hiring. No experience? Job Training & Placement Assistance Available.
1-866-294-0466

DENTAL ASSISTANT
Trainees Needed Now!
Dental Offices now hiring. No experience? Job Training & Placement Assistance Available.
1-800-678-6350

PHARMACY TECH
Trainees Needed Now!
Pharmacies now hiring. No experience? Job Training & Placement Assistance Available.
1-877-240-4524

MEDICAL ASSISTANT
In 10 Weeks
1-800-460-4138
CTO SCHEV

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
CTO SCHEV

Office Support Trainees Needed!
Train to become an Administrative Assistant!
No Experience Needed!
Flexible Training Program can get you job ready ASAP!
1-888-589-9684
CTI Career Technical Institute

MEDICAL OFFICE TRAINEES NEEDED!
Train to become a Medical Office Professional!
NO EXPERIENCE NEEDED!
CTI can get you trained & Job Ready ASAP!
1-888-567-7685
CTI Career Technical Institute

CALL DOMINION ACADEMY
202-409-6564 / 240-770-7774
CNA/GNA TRAINING IN 4 WEEKS. MEDTECH.

Become an Electronic Health Records Specialist in 4 Months
Call **202.223.3500**

Medical Assistant Program
Job Placement Available
Call Today **202.223.2500**

CAREER TRAINING

UNIQUE CASH FAST! No Credit Check, Low Interest Rate, Money deposited in your account the same day! Call **Teddy's Cash 1-888-519-4447**

STUFF

3Pc King pillowtop mat. set Value \$499, Asking \$230. Pillowtop Qu mat. set. Value \$289, Asking \$130! New in Plastic. Can Deliver. 301-343-8630

6 Piece Cherry Bedroom Set. New in boxes \$305. Can Deliver. 301-399-7870

SMALL COLLECTOR PAYS CASH FOR COINS/COLLECTIONS.
Call Al, 301-807-3266 Will Come to you!

CASH for DIABETIC TEST STRIPS
Also buying Ensure, Diapers & Nicotine Patches & Gum **202-803-1717**
visit us @ dollarsforstrips.com

PETS

ADOPT A CAT/KITTEN
Vet checked. Call Feline Foundation.
703-920-8665 www.ffgw.org

Corn snake—Free to Good home, 15 Gallon tank, Lid & locks, Day and night lites. Good Eater. 13in juno72725@comcast.net. Pickup inprsn

Persian Kittens—\$600+, M/F, CFA reg., vx/dewormed, cute, kid friendly, 12 wks+, 301-253-1843 visit www.trijesuscats.com

DC RENTALS

E/35TH & E. CAP(off Minn. Ave.) 3BR, 1.5 ba, A/C, rear parking + utils. Sec. 8 OK. 202-546-0705

It's the Season to be Jolly
Paradise at Parkside has a GREAT SPECIAL on 1 & 2 bedroom apartments.
APP Fee \$25.00 per adult, 18 years or older.
Security Deposit \$350.00 up to 1 Month's rent, if qualified.
MUST move-in on or before Dec. 31st.
To qualify, please visit our leasing office for specials.

Paradise at Parkside
M-F 8:30-5:00
Open Saturdays by appt. only
3551 Jay St. NE • Washington, DC 20019
888-791-9661

3533 Ames St NE DC-AMES Street Apts Newly Renovated. Hardwood floors, close to Minnesota Ave Metro. 1bd apts \$725. Must income qualify \$26,000 minimum, good rental history. Call Ashley at 202-315-1118

NW - 1BR \$989 incl utils. Laundry on-site. Lead Safe!!
Ms. Mitchell 301-316-4590 EHO

DC RENTALS

2013 NEW YEAR NEW SAVINGS CALL FOR JANUARY SPECIALS

Move-In by January 15th

\$0 application Fee

\$99.00 Holding Fee

Due at time of application.

*Income Restrictions Apply

Carver Terrace

1909 Maryland Avenue #101, Washington DC 20002
888-646-1798 **Qualified Applicants

The New FAIRWAY PARK APARTMENTS

Brand New One & Two Bedrooms Starting from \$925

Free Application Fee!

Available for Immediate Move In!!!!

- Energy-efficient systems
- Stainless steel appliances
- Microwave • Dishwasher
- Kitchen Breakfast Bars
- Washer & Dryer
- Brushed Nickel Accents
- Large Closets
- Central Air Conditioning
- On-site Management
- On-site Maintenance

Professionally Managed by www.wcsmith.com

2100 Maryland Ave., NE • Washington, DC 20002
888.659.5771

NE- Huntwood Court. Under new management. 1BR \$840, 2BR \$935. 5000 Hunt St NE. Bring ad, No application Fee! 202-399-1665 NMI Prop Mgmt.

You Can't Beat Our SPECIALS !!

No application fee
Deposits as low as \$100
1 bedrooms at \$769

- Wall-to-Wall Carpet
- Central Heat & Air
- Intercom Access/Dishwashers
- Laundry Room in every Building
- Pool and Playground

River Hill Apartments
202-562-5060

Professionally Managed By CIH Properties, Inc.

Fairlawn Marshall Apartment Homes

Fairlawn Marshall is conveniently located in the extended Capitol Hill area! Start 2013 off right! Move in by 12/31/12 and receive 1/2 off the deposit and 1/2 off January rent.

- 1 & 2 Bedrooms starting at \$975
- Controlled Access Buildings • Close to Metro
- Onsite Laundry Facility
- Hardwood Floors / Wall to Wall Carpet

Call today for more information **202-584-5364** or visit us online at www.fairlawnmarshallapartments.com

SE DC- 1, 2 BR Apts. Central Air & heat, wall to wall carpet, W/D, Sec 8 ok, Starting at \$1200. For info call Jerome 202-321-5596

SE- Effic., 1BR, 1BR w/ den & 2BR apts. \$755 & up + elec. No Pets. 202-265-4814, 202-629-2606. Fred A. Smith Co.

DC RENTALS

HILLCREST HOUSE APARTMENTS

2501 25TH STREET, S.E. • WASH. D.C. 20020

- Wall to wall carpet
- Central A/C
- Laundry room
- FREE gas heat & cooking
- Secured entry
- Ample parking
- Near green line Metro

1BR-FROM \$795-\$850

Mon-Fri 9-5
Delwin Realty
202-889-3000 • 301-577-7917

FREE GAS HEAT, GAS COOKING & WATER

1 BRS \$775
2 BRS \$875
3 BRS STARTING FROM \$1200

Central A/C, Convenient to Green Line Metro, Onsite Laundry, Parking, Vouchers Welcome

GREENWOOD MANOR APARTMENTS

M-F 8:30 - 5 PM
S 10 - 2 PM
202.678.2548
2343 Green Street SE • Wash. DC 20020
WWW.DELWIN-REALETY.COM

THE LATROBE

MOVE-IN SPECIALS!

Studios from \$1,662
1 Bedrooms from \$2,039
2 Bedrooms from \$2,849

202-719-5136
www.LatrobeApts.com

1325 15th St. NW, Washington, DC 20005

Professionally Managed by OP Property Management, LP

2BRs as Low as \$895
Move In by Jan 31st
Receive (1) Month Free Rent

Anacostia Gardens
3600 Ely Place S.E., Wash. DC 20019

- Spacious 1, 2 & 3BRs • Central AC/Heat
- 24 hr onsite laundry facilities
- Resident controlled access
- 1 Block from metro & shopping
- Across the street from park & recreation
- Free gas & heat

M-F 9-5 (202) 584-2241

Skyland Village

1-BR. Apartments \$845

(Available Immed.)

WAIVED \$100 HOLDING FEE

- Beautiful Hardwood Floors
- Large Closets
- 24 Hour Maintenance
- Walk To Mall For Grocery, Dining & Apparel
- Laundry & Dry Cleaners On-site
- Metrobus At Your Doorstep
- 5 Minute Commute to Metro rail

www.wcsmith.com

2333 Skyland Place, SE • Washington, DC 20020

888.252.9887

DC RENTALS

Start 2013 at home
@ Friendship Court

- Central Heat & Air
- Wall-to-Wall Carpet
- Close to Shopping, Banking & Metro Accessible

1-2 Bedrooms STARTING @ \$699*

*Limited Time Only

\$15 Application Fee

Call For Details!!!
202-563-6968

Professionally Managed By CIH Properties, Inc.

SE- Furnished bedroom, wall to wall carpet, CAC/heat, near bus. \$165/week utilities included. Call 202-399-0396 OR 202-207-5569

SE- Hanover Court. Under new management 1 BR \$750, 2 BR \$820. 2412 Hanover St. SE. 202-506-6416 NMI Property Management

Southwest Metro Convenient! EHO

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!

Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees
Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri 9-5 Sat. 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST Metro Convenient!
\$99 MOVE IN SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360

W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 2 BR fr \$870

*See or call Consultant for Details
M-F 9-5 Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW - Madison Court. Under New Management 1 BR \$785, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home.
Recent upgrades. No pets. \$2,200 + utils.
Sec dep req. 301-925-0002

Addison Chapel Apartments
HAPPY NEW YEAR! 2013 SPECIALS ...2012 PRICING!!

1525 Elkwood Lane • Capitol Heights, MD 20743

(866) 574-7408

INSTANT PRE-APPROVAL

1 BR FROM \$889
2 BR FROM \$959

ALL UTILITIES INCLUDED for a small fee

WWW.ADDISONCHAPEL.COM

*Prices subject to verification

SCOTT MANAGEMENT

expressnightout.com

MD RENTALS

2 BEDROOMS
\$1102.⁰⁰

Lease Now and Receive
1/2 Off
Dec. Rent and
1/2 Off
Application Fee

Parkland Village
866-412-1529

Woodland Springs
Apartments

Holiday Special
Move-in by Dec. 31st
receive 1/2 off Deposit

- 1 BR Starting at \$830
- 2 BR Starting at \$950
- 4 BR Starting at \$1530
- Spacious Floorplans
- Clubhouse/rec room
- Minutes to Metro
- Large laundry facilities
- Sparkling pool

301-760-4270
6617 Atwood Street • District Heights, MD 20747

PENN LANDING
APARTMENT HOMES

BE HOME FOR THE HOLIDAYS!
1 Bedrooms from.....\$870*
2 Bedrooms from.....\$962*
3 Bedrooms from.....\$1,223*

Bring in this ad & we'll waive your application fee

301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM

*Prices subject to change, call for current pricing. Some restrictions apply, please ask Leasing Office for more info.

SCOTT
OAKCREST TOWERS
THE TALK OF THE TOWN!
PACE AWARD WINNING
COMMUNITY 2011 & 2012!
EFFICIENCIES FROM \$779!
1 BEDROOM'S FROM \$889!
2 BEDROOM'S FROM \$1161!
PERFECT FLOOR PLANS!
PERFECT LOCATION!
LET US FIND YOU THE PERFECT HOME!
Call Now **(888) 831-7065**
WWW.OAKCRESTTOWERS.COM
SOME RESTRICTIONS APPLY/ EHO

HYATTSVILLE
CASTLE MANOR
Apartments

1 & 2 Bedroom Apts. from \$830

- Ceiling Fans • Lovely Setting
- Near the New ARTS DISTRICT
- Close to Shopping & Metro

Move-In Special! 1st Month Rent
Only \$599 (With a 12 Mo. Lease)



866.464.0993

MD RENTALS

University City
Convenient Location!

All Utilities Included for a small fee.
Renovated Apartment Options
Shuttle to U of MD.

1 & 2 Bedrooms From \$869
Some restrictions apply

(866) 994-5883

2213 University Blvd. E • Hyattsville, MD 20783

HYATTSVILLE ARTS DISTRICT

MOVE-IN SPECIAL

1ST Month's
Rent \$599

When you sign a 12 mo. lease

GARFIELD COURT

On residential street
next to DeMatha HS
Off-st parking - Ceiling Fans
(tenant pays electric)
301-779-1734

HYATTSVILLE OGLETHORPE CONDO
1 BR, wall to wall carpet. Utills incl. Top floor \$1,100
571-230-3286

Hyattsville

**Quincy Manor/
Monroe Gardens****Waived Application Fee Special!**

- Bring in this ad and the app fee will be waived
- Security deposit \$50.00 with approved credit
- Selected apts. available for immediate move in
- Deposit one Month Rent on approved credit
- Gas & Electric Not Included

Expires
Jan. 19th

Call Now For Details **301.277.6610**

HYATTSVILLE - 2BR 1BA near metro & shopping,
\$1385 + utills, avail now
Call 301-793-6356 or 301-792-3077

Finians Court Apts
7740 Finns Lane Lanham MD
1,2 & 3 bedrooms \$850-\$1250
Close to New Carrollton Metro
Parquet Floors, CAC, Renovated Kitchens
Call Ashley 202-421-9618 **www.novodev.com**

ARDEN POINTE

Laurel, MD

1, 2 & 3 BRs from \$990

- Washer/dryer in every apartment
- Eat-in kitchens
- Fitness center & clubhouse coming soon
- Pet friendly
- Minutes to I95 & B/W Pkwy

301.850.4480
DONALDSON
13301 Arden Way #21

expressnightout.com

expressnightout.com

MD RENTALS

OXON HILL**FREE UTILITIES**

- Swimming Pool
- Private balconies and patios
- Minutes to The National Harbor

Call Now For Our
FANTASTIC SPECIALS!

COLONIAL VILLAGE

908 Marcy Ave. • Oxon Hill, MD 20745
888-583-3047

LANDOVER**GATED COMMUNITY**

- Free gas and water
- State-of-the-art fitness center
- Licensed Daycare on Premises
- Right by the new Wegmans

Free January Rent
(on select units)

MAPLE RIDGE

2252 Brightseat Road • Landover, MD 20785
888-583-3045
www.mapleridgeapartments.com

MD RENTALS

HYATTSVILLE**FLEETWOOD VILLAGE APTS.**

- FREE WATER, GAS HEATING & COOKING
- FREE APPLICATION FEE (with this ad)
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro

Call Now For Our
FANTASTIC SPECIALS!

721 Chillum Road • Hyattsville, MD 20783
866-315-8849

RIVERDALE**GATED COMMUNITY**

- Fitness center on property
- Beautiful kitchens
- Washer/Dryer
- Outdoor & Indoor Pools

Call Now For Our
FANTASTIC SPECIALS!

PARKVIEW GARDENS

6400 Riverdale Road • Riverdale, MD 20737
888-251-1872
www.parkviewgardensapartments.com

MD RENTALS

LANDOVER**FREE UTILITIES**

- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Mins. from Wegmans

Call Now For Our
FANTASTIC SPECIALS!

KINGS SQUARE

3402 Dodge Park Rd. • Landover, MD 20785
877-898-6958
www.kingssquareapartments.com

RIVERDALE**1, 2 & 3 BR APTS.**
HUGE 2 BR TOWNHOMES

- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

Call Now For Our
FANTASTIC SPECIALS!

RIVERDALE VILLAGE

5409 Riverdale Road • Riverdale, MD 20737
800-767-2189

**Free 6-Week Summer Camp.**

Come Visit Us: Mon. thru Fri. 8 am - 5 pm • Sat. 10 am to 4 pm • Sun. 12 pm - 4 pm

MD RENTALS

Hyattsville
Summer Ridge

1829 Belle Haven Drive, Hyattsville, MD 20785

Security Deposits From \$250

- Electronic entry building system
- Free business center
- Free after school program
- Metro Accessible
- Bring in ad to rec. free app. fee

*Income Qualifications	
# Occupants	Maximum Income
1	\$44,580
2	\$50,940
3	\$57,300
4	\$63,660

**Limited Availability

www.summerridgeapartments.net
summerridgeleasing@comcast.net

Edgewood *w/approved credit
Performance. People. Pride.

MD RENTALS

OXON HILL
UNDER NEW MANAGEMENT

Come view our newly renovated 1 & 2 bdrm apts with spacious floor plans, huge walk-in closets, wall-to-wall carpet & laundry care facilities in every bldg.
Ask About our floor plans with dens.

Cconveniently located within walking distance to the Southern Ave Metro Station
Metrobus stops right at your front door.
Call today to arrange a tour of your new home!

Forest Hill Apartments
301-894-7800

MD RENTALS

Silver Spring
WINDSOR COURT AND TOWER APTS

Roomy Apts, Walking Distance to MetroBus, Shopping, Restaurants

1 Br Special- \$999
2 Br Special- \$1200

Limited time only.

NOW OPEN
On-Site Learning Center

13802 Castle Blvd. #103
Silver Spring, MD 20904
888-255-6159

East Pines Terrace

6747 Riverdale Rd. Riverdale, MD 20737

- All Credit Considered
- Hardwood Floors
- Central A/C
- Laundry Room
- Gas Heat & Cooking
- Near I-295
- Vouchers Welcome

1-2 BRs From \$925

M-F 9-5 • Sat. 10-2

Delwin Realty

301-577-7917

expressnightout.com

expressnightout.com

SILVER SPR/Forest Glen Metro
Move In Special

1st mo. rent \$599
(on a 12 mo. lease)

One & Two BR fr. \$950

Forest Glen Apts.

301-593-0485

Close to the Forest Glen Metro
Off-Str. Prkng/Controlled Access
Ceiling Fans
Housing Vouchers Welcome
UTILITIES INCLUDED

expressnightout.com

expressnightout.com

MD RENTALS

Shadyside Gardens



1 Brs \$985
2Br \$1140
3Br \$1300

Ask About Our
Second Chance Approval Program

Amenities

- Large Walk-In Closets
- Washer & Dryer in every apartment home
- Wall-to-Wall Carpet
- Private patio or balcony
- Playground
- Individually controlled heat & A/C
- Dishwasher
- Pet Friendly

2 Blocks from Metro! Call us!
1(877) 237-4868
 SGA@Finesagroup.com

CALL TODAY

Call today for a tour in our Apartment Model!
**Prices subject to change*

MD RENTALS

Marlow Plaza Apt.



1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ \$849
 Second Chance Approval

Apply, be approved and move-in by Nov. 30th and get \$200 off. Receive \$50 off your rent for a 1 Bedroom (12 month lease only).



Call today for a tour of your new home!
Call Us! (301) 423-1115

MD RENTALS

SOUTH POINTE
 APARTMENT HOMES

BE HOME FOR THE HOLIDAYS!
1 Bedrooms from.....\$925*
2 Bedrooms from.....\$975*

ALL UTILITIES ARE INCLUDED!

Bring in this coupon and we'll waive your application fee!

866.708.7251
 2603 Southern Ave. #B1
 Temple Hills, MD 20748
 (Walk to Southern Avenue Metro!)

*LRO pricing changes daily, call for current rates. Some restrictions apply, please ask Leasing Office for more info.

VA RENTALS

4901 Seminary Rd., ALEXANDRIA, VA
SOUTHERN TOWERS
 Efficiency from\$950* 2 Bedroom from ..\$1565*
 1 Bedroom from ..\$1210* 3 Bedroom from ..\$1870*
Spacious Penthouse From \$1960*

- All utilities paid
- No Security Deposit or move-in fees
- Metrobus at front door to Pentagon & Van Dorn Metro
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395
- Small pets welcome

I-395 to Seminary Rd., West exit to Southern Towers immediately on right. 6 Month Lease Available!

*All Prices & Specials Subject to change without notice.

M-SAT 9 AM-5 PM SUN 11-5 (888) 450-3292

VA RENTALS

THE BUCHANAN

BE HOME FOR THE HOLIDAYS!
Studios from.....\$1,495*
1 Bedrooms from.....\$1,640*
2 Bedrooms from.....\$2,125*
3 Bedrooms from.....\$3,130*

Bring in this coupon and we'll waive your application fee!

WWW.BUCHANANAPTS.COM
703.418.3700

*LRO pricing changes daily, call for current rates. Some restrictions apply, please ask Leasing Office for more info.

Shirlington House

4201 S. 31st Street Arlington, VA 22206
888-808-1109

Studio, Efficiency, 1, 2 BRs
Starting at \$1230

ASK ABOUT OUR SPECIALS!

- Spacious Floor Plans
- Garage Parking Available
- 24 Hour Fitness Center
- Convenience Store On-Site
- Convenient Public Transportation to Metro, Pentagon City & Crystal City
- Easy Access to I-395

shirlingtonhouseapts.com

ROOMMATES

SILVER SPRING Room in basement, with BA, separate entrance, near Wheaton Metro.
240-264-7482

TEMPLE/ OXON HILL Rms \$575-\$650 N/S, public transp.,/ utls incl both great places!
 Call **301-848-0418**

TYSON'S CORNER- 1 Room in shared TH, Deck, W/D, FPL, courtyard, Cable TV & internet. Privacy, security. Near shopping. \$600. Call **703-587-8423**

HOUSES FOR SALE

LANHAM/UPPER MARLBORO, MD- Half price homes for sale. Call rent with option. Vet avail. Credit check. Call **Ike, Metro RE, 301-335-4447**

CARS

Audi 2006 A3 — Sporty Gray A3 Awaits You 2.0T, \$12000, Fair cond, 70k mi, Leather interior, Htd Seats, Automatic. Mofr. **703-798-5277**

NEED A VEHICLE? Over 1,000 Cars, Trucks, SUV's! You need 2 Paystubs & 1 Bill - Laurel, MD. Gross income must be \$2k mo+. Jason **202.704.8213**

MOVE-IN

Immediately and PAY NO RENT until Feb. 1, 2013! PLUS, get entered into a drawing for a chance to win a 55" Flat Screen and get your football party on us!

1 Bedrooms
\$10302 Bedrooms
\$1,1753 Bedrooms
\$1,535

Contact the office for complete details.
 Special offered on select bedrooms only.

Station Square
301-825-9162
 www.morgan-properties.com
 3400 Pearl Drive, Suitland, MD 20746

Marlow Heights




1BR Special from \$899⁰⁰
2BR \$999⁰⁰

Second Chance Approval
Amenities

- Beautiful Location
- Wall-to-Wall Carpet
- Spacious Apartment Homes
- Garbage Disposal & Dishwasher
- Laundry Facility
- Refrigerator in unit
- Central A/C & Heat
- 24 Hour On Call Maintenance

Second Chance Program!
 Call Us!
1(301) 899-2644

9-6 M-F • 10-5 SAT
 Call today to schedule a tour!

express night out.com

express night out.com

express night out.com

express night out.com

SUITLAND
PARKWAY TERRACE
1 BRs fr \$860
2 BRs fr \$968
\$30 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply
877-608-6548
 3415 Parkway Terr. Dr. Suitland, Md.
 Mon-Fri. 9am-6pm. Sat. by app't. only

Live Large at
Takoma Landing
Apartments & Townhomes!
1-BRS from \$899
2-BRS from \$1199
2-Story Townhomes fr. \$1239
 (some restrictions apply)

Washers & Dryers, Brand New Kitchen Appliances, And so much more!!!

Walking distance to shopping, dining & entertainment!

Call NOW 866.798.2487
WWW.TAKOMALANDING.COM
 790 Fairview Ave. • Takoma Park, MD 20912

TEMPLE HILLS
HEATHER HILLS
 Apartments

1-Bedrooms from \$961
2-Bedrooms from \$1240
3-Bedrooms from \$1444

- Spacious floor plans • Washer/dryer**
- Amazing closet space • Fireplaces**
- Controlled Access • Activity Center

**in select apts.

301.637.6153
 www.transformurlifestyle.com

THE DONALDSON GROUP

express night out.com

express night out.com

express night out.com

FOXCHASE

1 & 2 Bedroom Units Available
1 Bedroom from \$1,019*
2 Bedrooms from \$1,523*

703.253.4462
 www.FoxchaseofAlexandriaApts.com
 320 North Jordan St., Alexandria, VA 22304
*pricing subject to change
 Professionally Managed by OP Property Management, LP

ALEX/KINGSTOWNE - 3 lv TH, 3BR, 2 FBA, 2 half BA, 1 car gar, patio/deck, LR/DR, kit. \$1800/mo.
301-292-6757

PACE AWARDS
 2012 Winner

The Park
 at Arlington Ridge

BE HOME FOR THE HOLIDAYS!
1 Bedrooms from.....\$1,495*
2 Bedrooms from.....\$1,800*

OPEN HOUSE EVERY WEEKEND!
 Bring in this coupon and we'll waive your application fee!

1800 South 26th St - Arlington, VA
 PARK AT ARLINGTON RIDGE.COM
703.836.1600

*LRO pricing changes daily, call for rates. Limited time, restrictions apply. Ask the Leasing Office for more info.

express night out.com

express night out.com

express night out.com

express night out.com

ARLINGTON



FREE MONTH'S RENT*
 Newly remodeled apartments, lobby and business center. 24-Hour Front Desk, Fitness center, pool and sundeck. Just 3 blocks to the Courthouse Metro with easy access to Key Bridge, Rte. 66 & GW Parkway.

Studio, 1&2 Bedrooms
POTOMAC TOWERS
2001 N. Adams St. • Arlington, VA 22201
703-485-4903 | potomactowers.com
*on select apartments

ARLINGTON
DOMINION PLAZA
 Ask About Our SPECIAL • ON SELECTED APTS.



Reasonably priced, newly remodeled apartments overlooking scenic Army/Navy Country Club. Parquet hardwood floor or wall to wall as available. Fitness Center, Pool, Sundeck. Picnic & barbecue areas on grounds • Business Center

UTILITIES INCLUDED
Studio, 1 & 2 BRs start at \$1145
1200 S. Courthouse Rd, Arlington, VA 22204
703-822-5588 • dominionplazaapts.com

BELTSVILLE - Must see. Spacious 1 BR, 1BA condo, den, family room, W/D, D/W, huge closet & updated amenities. Near shopping, bus & rail. \$1350/mo. + electric. 1 month security deposit required. N/P. Available Now. Contact **301-390-8080**

ROOMMATES

ALEX- 395 & Seminary. Prof. M. NS. to shr apt. Wi-Fi, workout, nr Mark ctr, EZ to Metro \$696+dep. **703-625-7525**

CAPITAL HEIGHTS-\$179/Week. Near metro, large furnished bedroom, clean & quiet; FIOS TV, Wi-fi, laundry & utilities included. Call **240-788-7936**

COLLEGE PARK- Large room in SFH Female preferred, \$550 per month plus utilities & security deposit. Avail immed Please call **301-448-9640**

SE - Furn rm in house, share BA/kit. Near metro & harbor. Pref female. \$165/week incld util. **301-922-6393**

Park your browser here.

Concerts, movies, events, restaurants and more.

express nightout
 expressnightout.com

XX172 lx2.75

Park your browser here.

Concerts, movies, events, restaurants and more.

express nightout
 expressnightout.com

XX172 lx3

Concerts, movies, events, restaurants and more.

express nightout
 expressnightout.com

XX172 lx1.75

lookout online



Blog Log



“Chuck Hagel is an Unexpected Deep Voice”

—@DANAMIRA was surprised to hear the former GOP senator from Nebraska speak after he was nominated by President Barack Obama on Monday to lead the Pentagon as secretary of defense.

“It reads more like a scene from a '50s showbiz movie. It's the closing weekend. The Saturday night performance is nearly sold out. The star is taken ill. Her understudy is ill. A young member of the ensemble is thrust into the leading role. The audience holds its breath. The cast rallies round. She dances and sings as though the role were created for her. The show ends in a standing ovation.”

— Lorraine Treanor at [DCTHEATRESCENE.COM](#) thought Saturday night's performance of “My Fair Lady” at Arena Stage was spectacular with Hannah Willman playing the lead in a pinch.

“The wonderful ‘Edith With Googly Eyes’ Tumblr made me cry laughing and if it took two terrible seasons of a once compulsively watchable show to lead to its creation it might all be worth it.”

— Max Read at [GAWKER.COM](#) is a fan of the new site that mocks the somewhat silly ways of the PBS Masterpiece Classic's “Downton Abbey” character.

“CES: people travel from all over to play with gadgets and not buy anything. Not to be confused with Best Buy.”

—@LEVIE offers his opinion of the 2013 Consumer Electronics Show, which is held from Tuesday to Friday in Las Vegas.

“The new mascot for the Brazil 2014 World Cup looks like a mix of Sonic The Hedgehog and Bowser from MarioKart.”

—@JIMMYCONRAD offers up a description of the character that made an appearance at the FIFA Golden Ball ceremony in Zurich on Monday. The mascot named Fuleco is shown above with Brazilian great Ronaldo.

Are **ALCOHOL** and **ANXIETY** taking over your life?

YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:

- Are a woman 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance



WE
NEED
YOU

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov



NIAAA
NATIONAL INSTITUTE ON
ALCOHOL ABUSE AND ALCOHOLISM

Potomac River Power Squadron **AMERICA'S BOATING COURSE**

GET YOUR SAFE BOATING CERTIFICATE

Five-session course beginning **January 28, 2013**
Walter Johnson High School, Bethesda, MD
7:30 PM – 9:30 PM

Anthony Brown, 301-649-9643,
or dyskokyd@yahoo.com
Power Squadron Members - \$26.00,
Non-member - \$40.00

Provides boating safety education for new boaters in a classroom setting covering introduction to boats, boating law, safety equipment, navigation rules and more. Students that complete this course and pass the proctored exam receive a Boating Safety Certificate required to operate a recreational vessel in MD, DC and VA waters.

America's Boating Course has been approved by the NASBLA and recognized by the U.S. Coast Guard.

Potomac River Power Squadron is unit of United States Power Squadron



Spanish Classes

Edu-Futuro

10+ years of teaching Spanish at the most affordable rates in the region!

¡También ofrecemos clases de inglés!



- Classes are held in Arlington, VA on Saturdays, 9am to 12pm, from Jan. 19 - May 18, 2013
- Adults develop the confidence to speak Spanish with native Spanish speaking instructors
- Kids (preK-8) learn “science in Spanish” and benefit from Spanish music and computer lessons
- Family and need-based scholarships available

www.edu-futuro.org
703-228-2560

puzzles lookout

Horoscope

CAPRICORN (Dec. 22-Jan. 19)

You may not be feeling as energetic as usual, but you can still get plenty done if you pace yourself and get lots of rest.

AQUARIUS (Jan. 20-Feb. 18)

Today, knowing when to put an end to something is just as important — if not more so — than knowing when to get started.

PISCES (Feb. 19-March 20) Now is not the time to carry things too far; know when enough is enough, and listen to those who give you proper cues.

ARIES (March 21-April 19) The curtain is up earlier than usual today, and you'll be "on" most of the time, playing a pivotal role that affects others deeply.

TAURUS (April 20-May 20) You'll be in the mood to do things more quickly than usual today, but you must take care that you do not make any careless mistakes.

GEMINI (May 21-June 20)

You'll receive instructions today that allow you to head off in a new direction when the time comes, equipped with knowledge and confidence.

CANCER (June 21-July 22) You're not the kind to enjoy forced social interaction, but today you had better be ready to put on a brave face!

LEO (July 23-Aug. 22) You can only hope that others are on the same page with you, because you'll have little proof of that until it may be too late.

VIRGO (Aug. 23-Sept. 22) You have a way with words and the ability to entertain while imparting important information. Others can surely benefit today!

LIBRA (Sept. 23-Oct. 22) You may want to try something new and different today, but first you would be wise to get back to the basics of what you know.

SCORPIO (Oct. 23-Nov. 21) It's a good day to bend the rules just a bit; you can maximize your own gains today, but you mustn't risk your solid reputation.

SAGITTARIUS (Nov. 22-Dec. 21)

It's time once again for you to look around and assess your current situation with honesty and clarity. Don't try to deceive yourself!

Scrabble Grams

PAR SCORE 195-205, BEST SCORE 266

A ₁	E ₁	U ₁	R ₁	G ₂	L ₁	H ₄

--

RACK 1

A ₁	O ₁	U ₁	N ₁	J ₈	R ₁	D ₂

Double
Word Score

--

RACK 2

A ₁	E ₁	I ₁	I ₁	N ₁	R ₁	L ₁

--

RACK 3

A ₁	E ₁	O ₁	Y ₄	L ₁	C ₃	T ₁

2nd Letter
Triple

--

RACK 4

Yesterday's Solution

L ₁	A ₁	C ₃	Q ₁₀	U ₁	E ₁	Y ₄
R ₁	E ₁	G ₂	U ₁	L ₁	A ₁	R ₁
U ₁	P ₃	R ₁	I ₁	S ₁	E ₁	
P ₃	L ₁	U ₁	M ₃	A ₁	G ₂	E ₁

PAR SCORE 140-150

RACK 1 = 113
RACK 2 = 58
RACK 3 = 8
RACK 4 = 63
TOTAL 242

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	2	7	6	3	9		4	
	1	3		7			9	6
			1		2			5
7				1		6		
9	6	5		2		7	1	3
		8		6				4
3			2		1			
4	8			5		9	3	
	7		3	9	8	4	5	

Yesterday's Solution

2	6	7	4	3	9	8	5	1
5	4	8	7	1	6	2	3	9
1	9	3	8	2	5	4	6	7
3	8	2	9	4	7	6	1	5
6	1	4	3	5	8	9	7	2
7	5	9	2	6	1	3	8	4
4	3	6	5	7	2	1	9	8
9	7	1	6	8	4	5	2	3
8	2	5	1	9	3	7	4	6

Need more Sudoku?

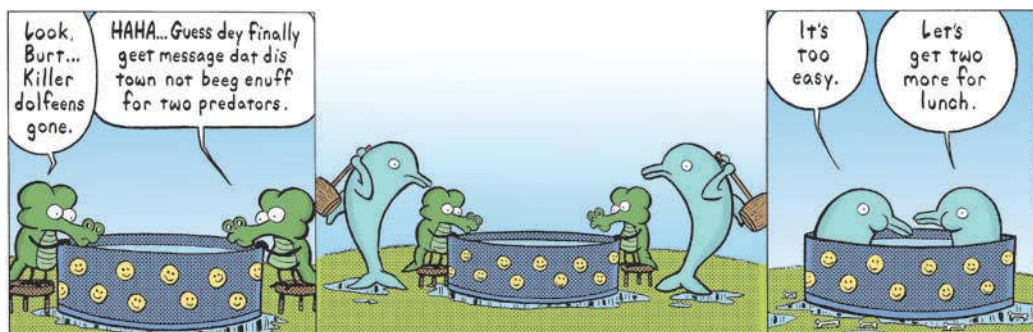
Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

52 | **36**

Today: Mostly sunny today. Clear tonight.

56 | **38**

Tomorrow: Sunny, breezy and mild tomorrow. Mainly clear tomorrow night.

Looking Ahead

THU	FRI	SAT
51	41	56
45	63	49

Sun and Moon

Sunrise today: 7:27 a.m.
Sunset today: 5:03 p.m.
Moonrise today: 3:57 a.m.
Moonset today: 2:03 p.m.

Almanac

Normal high: 43
Record high: 76
Normal low: 29
Record low: 5

FORECAST BY ACCUWEATHER.COM ©2013



**Metro looks
better without
the litter.**

**Read.
Ride.
Recycle.**

Please recycle this paper.



XX640 1x8 a

lookout puzzles

POPULATION EXPLOSION

1 Beetle-to-be
5 Morocco's capital
10 Dermatologist's concern
14 Nevada border city
15 "J'accuse" author Zola
16 Opposite of flushed
17 "Back in the ____" (Beatles song)
18 Relating to birth
19 Land you can't walk to
20 Priest
23 757 or 767
24 Barbie's boy doll
25 Treasure hunt aid
28 Opposite of "nope"
29 It's picked from a pocket
33 Bellyache
35 Cowboy competitions
37 Coastal eagle
38 Feminine "sense"
43 Great flair
44 Gains knowledge
45 Stick around
48 Tap trouble
49 ____ fly (RBI earner)
52 Frequent bagel topper
53 Farmer's field
55 Sound beginning?
57 Like activities for the very young
62 Steady fellow
64 Be gaga over
65 Teensy arachnid
66 "Fine" studies
67 A Barbary State
68 Unsettled, as questions
69 Anchor's place
70 Olympic event swords
71 It may hold a few swallows

- 1 Disney dwarf
- 2 Kind of home value
- 3 Take off a jacket, say
- 4 Element no. 5
- 5 Monthly payment, for many
- 6 Asian caregiver

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
23								24				25	26	27
28				29	30	31	32		33		34			
			35					36		37				
38	39	40							41	42				
43						44								
45				46	47		48					49	50	51
52				53		54				55	56			
			57	58				59	60	61				
62	63				64						65			
66					67						68			
69					70						71			

EDITED BY TIMOTHY E. PARKER

7 Angler's hope
8 "Alas and ____"
9 Bank employee
10 Barbecue rod
11 Language spoken in
southwestern Asia
12 Indisposed
13 Bridal bio word
21 Serious offender
22 ____ -horse town
26 The "A" in A.D.
27 Hammer part
30 Bouncers read them
31 "The Odd Couple"
playwright Simon
32 Firm, as abs
34 Four-footed friends
35 "You ____?" (Lurch's
question)

36 Film critic's unit
38 Feeling fine
39 A little of this and a
little of that dish
40 Tailless felines
41 William Tell's home
42 Data fed to a computer
46 Connecticut co-ed
47 See where one's
coming from
49 Credit card feature
50 Rugged mountain
ridges
51 Having a rhythmic beat
54 "It just doesn't ____"
56 Dud on wheels
58 Coat for corn
59 Volcano shape
60 Port between Buffalo

and Cleveland
61 "The Untouchables"
crimefighter Eliot
62 Like a fairy-tale wolf
63 Before, long ago

Yesterday's Solution

3	S	P	A	4	6	C	O	L	T	7	8	9	10	11	12		
13	H	O	B	O	14	A	R	I	A	15	U	T	I	C	A		
17	A	U	L	D	18	S	E	E	R	19	S	A	G	O	S		
20	G	R	E	E	N	21	H	O	U	S	E	22	P	L	A	N	T
						O	A	F			I	R	E				
23	A	D	A	24	B	L	A	25	B	26	L	27	T	O	M	B	
28	B	U	G	S	29	O	P	U	S	30	S	A	M	O	A		
31	Y	E	L	L	32	O	W	S	T	33	N	E	P	A	R	K	
34	S	T	E	A	K	35	E	C	R	U	36	S	H	O	E		
37	M	O	T	T	L	38	E	M	S	39	37	A	N	D			
						A	L	A	(33)	B	O	(34)					
34	R	E	D	35	W	H	I	T	36	E	A	N	D	37	B	L	38
39	J	A	H	40	O				41	L	I	N	E	42	E	U	43
44	C	R	O	45	M				46	A	R	E	S	47	S	T	48
49	H	O	N	50	D	A			51	S	E	W	S	52	E	E	53

Today in History

1790 President George Washington delivers his first State of the Union address to Congress in New York.

1918 President Woodrow Wilson outlines his Fourteen Points for lasting peace after World War I.

2011 Rep. Gabrielle Giffords, D-Ariz., is shot and wounded when a gunman opens fire in Tucson, Ariz. Six people are killed and 12 others are injured.

express **CAC**

Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

General Manager — Ron Ulrich | Executive Editor — Dan Caccavaro
Creative Director — Scott McCarthy | Managing Editor/Features — Holly J. Morris
Managing Editor/News — Lori Kelley | Features Editor — Jennifer Barger
Senior Editors — Katie Aberbach, Vicky Hallett, Shauna Miller, Kristen Page-Kirby
Copy Chief — Diana D'Abruzzo | Story Editor — Adam Sapiro | Section Editors — Rudi
Greenberg, Beth Marlowe, Morgan Schneider, Sara Schwartz, Holley Simmons, Jeff Tomik,
Clinton Yates, Fiona Zublin | Art Director/Features — Adam Griffiths | Art Director/News
— Jon Benedict | Production Supervisor — Matthew Liddi | Photographer—Marge Ely
Vice President of Sales, The Washington Post — Arnie Applebaum

Founding Publisher – Christopher Ma, 1950-2011

Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

There's a qualified

ELECTRICIAN

reading Express.

To advertise a job, call **202-334-4100.**

express

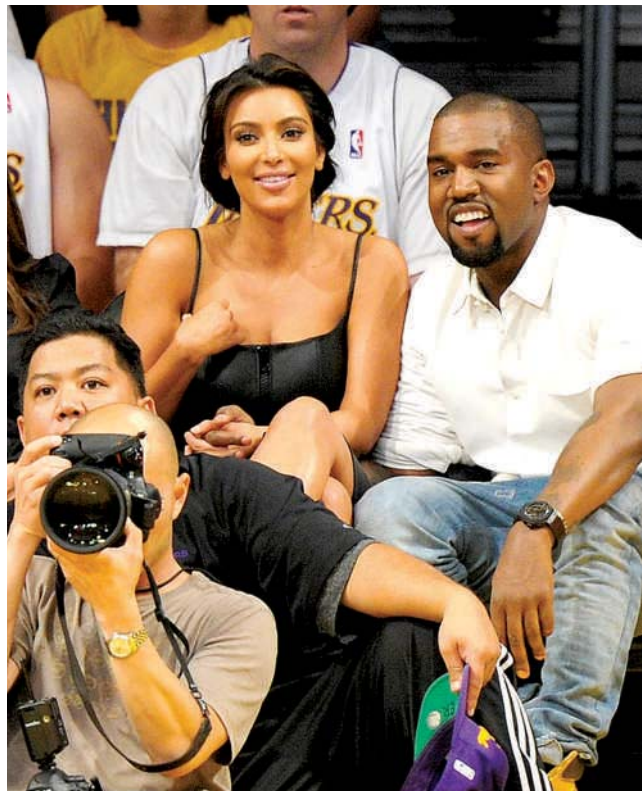
readexpress.com



SINO-AMERICAN RELATIONS

As Tweet Distracts Nation, Pitt Smuggles Out Tai Shan

Brad Pitt is now on China's version of Twitter, and his mysterious first tweet has drawn thousands of comments. "It is the truth. Yup, I'm coming," said a post on the actor's verified Sina Weibo account Monday. That was forwarded more than 31,000 times and netted more than 14,000 comments, many expressing surprise. He scored more than 100,000 followers. (AP)



And yet, if a man showed up at a game in only underwear, he'd be booted.

CONTEXT

'At Least Not Yet' the Operative Words Here

TMZ.com reports that Kim Kardashian and Kanye West have refused an offer of \$3 million from an overseas tabloid that wants first dibs on photos of the couple's baby. That may not be the highest offer; TMZ alludes to "offers ranging as high as several million." Unnamed sources say Kardashian and West have no plans to sell the photos — at least not yet. (EXPRESS)

CONCEPTS

Like 'Mad Men' Only With Bigger Hair

Cher is developing a show for the network Logo, according to the Hollywood Reporter. The singer is collaborating with comedian Rob Zimmerman on a scripted show set in Hollywood during the 1960s, revealed a Logo vice president. "The deal is brand-new and we're just getting started on the project," said the VP. (EXPRESS)



Victims



A Disappointment For All Involved

Lindsay Lohan's attorney predicts there will be no case against the actress in connection with an alleged fight at a Manhattan nightclub. Attorney Mark Jay Heller spoke after signing paperwork at the courthouse Monday. Lohan was not there. A court spokesman confirmed that a criminal complaint has not been drawn up. (AP)

MEN

Behind Every Great Woman Is a Jerk Who Wants Credit

Mariah Carey's ex-husband says he was the secret behind her success. In the new book "Hitmaker," quoted in the New York Post, Tommy Mottola responds to Carey's assertions that he was controlling and emotionally abusive: "If it seemed like I was controlling, I apologize. Was I obsessive? Yes. But that was also part of the reason for her success." (EXPRESS)



"Nick, this foot isn't quite massaged enough. You need to up your game."

"The beautiful girls that get all the boys get written about. They don't usually write."



— LENA DUNHAM TELLS V MAGAZINE THAT SHE DIDN'T HAVE FRIENDS IN HER TEENS AND THAT "SO MUCH OF MY WORLDVIEW WAS FORMED BY FEELING ISOLATED."

express



automobile dealers

more cars on the net



@washingtonpost.com



LUSTINE DODGE
WOODBRIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM



SHEEHY HONDA
ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM



LEXUS OF SILVER SPRING
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY TER. LEXUSOF SILVERSPRING.COM



DARCARS NISSAN
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM



355 TOYOTA
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM
KOONS TYSONS TOYOTA
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

nine simple numbers

you learned by age 3

play su | do | ku

express

A Publication of the The Washington Post

FIREPLACE SALE! 40% OFF!

CYPRUS AIR
FIREPLACE SYSTEMS
Sales • Service • Installation



Safe, Clean, Green Gas Fireplaces

Realistic, Warm, Cozy, 99% Energy Efficient, and Our Systems Work Even When You Lose Power!

Come Visit Our 48 Live Burning Showroom Displays And Let Cyprus Air Convert Your Existing Fireplace To Gas. Cyprus Air Is Your One-stop Shop Handling Installation, Inspection, Permits. No Natural Gas? No Problem! Cyprus Air Can Also Install a Small Propane Tank Behind Your Chimney, If Your Home Does Not Already Have Gas.

- No Chopping or Hauling Logs
- Light With the Flick of a Switch
- No Soot or Ashes to Clean Up
- Heat Home as Little as .14¢ per Hour
- Works Even When You Lose Power!

7525 Richmond Hwy, Alexandria VA 22306
3 miles south of I-495, Old Town Alexandria VA,
Woodrow Wilson Bridge, 7 miles south of DC!

Showroom Hours:
Mon-Sun 10am - 7pm



Washington
Gas

1(888)532-6578
www.MetroGaslogs.com

Guaranteed
Installation in
10 Days!

\$\$\$
12 Months
0% Interest

Make Sure Your Fireplace is Safe!
Buy a Maintenance Agreement and Pay \$230!

ONLY ~~\$464~~ \$230!

FOR YOUR SAFETY:

Call To Schedule A Service Appointment
For Inspection, Cleaning and Tune Up!

Expires 2/7/13



Visit Our Showroom or Call To Schedule a Free In Home Estimate!

Serving Virginia, Maryland and DC since 1967

*On select in stock items